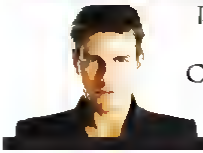
Chichester HERALD

Friday 4th January 2013
YOUR FREE WEEKLY NEWSPAPER

INSIDE ... | Health & Beauty | ... | Fashion | ... | Page 20 | Page 26 | Page 28



Win tickets to see Jack Reacher
COMPETITION
Page 20

Preparing for 2013
HEALTH & BEAUTY
Page 26

Winter Sale Shopping
FASHION
Page 28

Kate upsets neighbours

>> *Actress is embroiled in a row with neighbours over a gate*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

ACTRESS Kate Winslet and her third new husband have already been embroiled in a battle with locals over plans for new gates at her 15th century home near Midhurst.

She would have hoped a new move to the countryside would provide her with a peaceful start to her latest marriage but the actress has already found herself embroiled in a battle with locals over her plans for a set of new wooden gates at her 15th century home in the sleepy hamlet of Treyford.

The 37-year-old actress has lost the fight following objections to her proposals to install the 2metre high gates (just over 6ft 6in) at the £1.95million property she moved into just weeks ago.

Miss Winslet, who has been having meetings at the house, has now been forced to withdraw her application to the parish council.

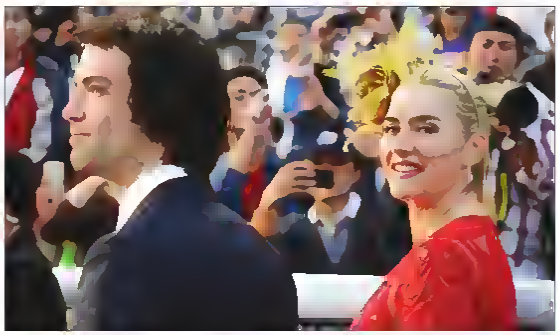
It is understood she wanted the imposing gates to protect her privacy, but she was accused of trying to impose suburban values on the home she shares with husband Ned Rocknroll.

Several of her neighbours attended a meeting in the village hall at which they expressed their concern that the design of the gates was out of character.

The hamlet – so rural that it does not even have street lights – has become one of Britain's most exclusive areas because of its picturesque scenery.

One neighbour said of the plans: 'People are very protective of the village.

Continued on Page 3



MORE HEADLINES >>

SPIRIT FM LISTENERS HELP OVER 1 000 CHILDREN ENJOY CHRISTMAS — Page 3

NET COMPANY GROWTH FALLING IN CHICHESTER REPORT DUPORT — Page 8

UNIVERSITY OF CHICHESTER STUDENT SET TO PERFORM AT O2 ARENA — Page 14

Russells famous
OAK FURNITURE SALE
Starts Saturday 12th January
Only once a year for just one week!
at Russells garden centre - Birdham
dining - living - bedroom
www.russellsgordencentre.com find us on the road to West Wittering beach

WANTED URGENTLY

SCRAP GOLD, BROKEN JEWELLERY, WATCHES ETC.

Lowery Jewellers

74 North Street, Chichester, West Sussex PO19 1LQ
Tel/Fax: 01243 789518 • Email: lowery@btconnect.com
www.loweryjewellers.co.uk

FOLLOW US ON TWITTER
@chiherald

Local News

Spirit FM Listeners help over 1,000 children enjoy Christmas

Breakfast presenter Mi[illegible] Elve[illegible]

SPIRIT FM listeners have generously donated more than 1,000 toys to the station's annual appeal, a new record for the station which has been serving West Sussex for 16 years.

The appeal – in conjunction with Tesco and West Sussex County Libraries – launched in November, and has seen a total of 1,200 toys donated by listeners.

The toys have been sorted and distributed to disadvantaged and unwell children in time for Christmas. The years beneficiaries include Chestnut Tree House, The Sowdrup Trust, St. Richard's Hospital, a women's refuge in West Sussex, and West Sussex Social Services.

Spirit FM's managing director, Sally Austin, said: "Our meeting room has looked like Santa's warehouse for the past month, thanks to the many, many listeners who've kindly donated toys, books, games, DVDs and other gifts. I can't thank them enough!

"This year's appeal has been our most successful ever, and we're delighted we'll be helping even more disadvantaged and unwell children enjoy a happier Christmas.

"One of our values here at Spirit is changing people's lives, and this appeal really proves we're doing just that."

This year, a few of the usual gifts were food while searching through the boxes of presents collected from the county's libraries and Tesco supermarket.

Topping the list were a tin of sauerkraut, a packet of cashew nuts, and two used lottery tickets.

Free health checks for Chichester residents

PEOPLE in Chichester and the surrounding area can take advantage of a free health assessment this month.

Health advisors from the Western Prevention Assessment Team are offering NHS Health Checks, which focus on preventing major causes of illness, including heart disease, stroke, diabetes and kidney disease.

The 30 minute appointment will include a blood pressure check as well as a finger-prick blood and cholesterol test and a discussion about family history, while also assessing lifestyle factors (such as smoking), age and levels of physical activity.

The checks, which are confidential, must be booked in advance and are available for anyone between 40 and 74 without an existing long term condition.

In Bognor Regis, the sessions will take place in the Wellbeing Annexe (attached to the Town Hall) on Tuesday, 8 January 2013.

The Westgate Leisure Centre will host the Chichester checks on Wednesday, 16 January 2013.

To book your free NHS Health Check on either of these dates, please call 01243 642370.

Continued from page 1

'They are not the sort to gawp. Some have said that if she wanted that much privacy she shouldn't have bought a house like that.'

Another added: 'It's very different from New York and Hollywood here. I'm sure everyone there has these great big gates and I think it's probably what Kate has been used to, but there no need to come here and do that.

'I don't know what to think, quite honestly. The gates were totally out of character. We are in an area of outstanding national beauty and they just weren't in keeping with the surrounding area.

'If you put gates up, you are just drawing attention to something. If you live normally, no one is going to think a thing.'

Titanic star Miss Winslet, who previously lived in New York, has returned from America permanently to make a home with Mr RocknRoll, Sir Richard Branson's nephew, who changed his surname by deed poll from Abel Smith.

The property is just a few miles from the home Mr RocknRoll shared with his ex-wife Elize Pearson, the daughter of Viscount Cowdray.

One reason she is said to have moved to the area is because of the standard of local schools for her children from previous marriages.

The parish council said of the plans: 'These gates and adjoining fencing are considered to be a prominent, visually intrusive and incongruous feature more suited to a suburban or urban area than this rural setting.

The council added that while Miss Winslet's house is not a listed building, it should be regarded as a heritage asset.'

It went on: 'The hamlet has a very sensitive, tranquil, unspoilt and rural location.

'Any development should be compatible with its location and reflect local style and vernacular design.'

The parish council object to the proposed high oak solid gates.

Neighbours were unsure whether the actress would re-apply with a new design for the gates, although one said: "I hope they don't try again."

Anorak Corner

Did you know? A taster of Chichester facts and figures...

Birdham Pool Marina was built in the 1930s and is thought to be the oldest marina in the country.

CHICHESTER
Park Hotel
***
TO MAKE A RESERVATION CALL
01243 817400
LEISURE CLUB
at Chichester Park Hotel
Our Leisure club is the perfect place to relax and unwind away from everyday pressure. You'll be able to enjoy a leisurely splash in the pool and if you really want to relax there's the sauna and steam room too. Entry is free when you stay in the hotel.
To become a member of leisure club is easy, all you need to do is contact us and we'll be more than happy to help. Membership is available for only £25.00 with no joining fee.
Opening Times
Please note: Last entry is 30 minutes before closing
Monday to Friday: 7.00am - 9.00pm
Saturday: 8.00am - 8.00pm
Sunday: 9.00am - 5.00pm
Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL
Tel: 01243 817400 www.chichesterparkhotel.com

Fewer first-time joggers pottering along the Chichester pavements

Tommy Boyd

HOLIDAY BLUES

I hope you had a great break. Mine was fantastic except for the water. As people enjoy other people's disasters, here's some of my Christmas lowlights.

05.45am CHRISTMAS MORNING

Tantering with rain. Woken by sound of waterfall on garage roof. Roof gutter blocked with leaves. Had to climb 30 feet up ladder by streetlight and heave handfuls of gunge out.

06.20am CHRISTMAS DAY

Another waterfall, this time through kitchen ceiling. Youngest son showering. Hammer on bathroom door to ask him to turn off. Place bowls on kitchen floor. Will investigate Boxing Day.

11.45am BOXING DAY

Fixed leak in shower. Take family to restaurant where we had managed to book a table. Waiter apologises when we get to our table. It is next to a leak. We eat alongside about a dozen assorted pots and bowls catching rain.

NEW YEARS EVE

Lost the toss and was designated driver. Over to friends house for fine boisterous party. Drank about half a gallon of water. Woke up Jan 1st with headache and heartburn. Spent morning in bed getting over water poisoning.

FISCAL CLIFF

The USA's government edged through a Bill that staved off their recession. For now. Their debt is rising fast. We should worry that they may go Greece on us, and that will be the end of civilisation.

THIRD WORLD STATUS

I'm not talking about the UK losing its Triple A rating. I'm talking about a plunge down the rankings. Would it be so bad if we end up a third world country? Yes! We'd have to get ourselves a military dictatorship, and donkeys would replace mobility scooters. One of the industrialised countries such as Mexico will buy up Havant and build a leaky chemical plant, and our grandchildren will work 20 hours a day making £1.99 trying pans for the thriving Asian market.

SOCCERHOMICS

I received several books as Christmas presents including one about the economics of football. Full of brilliant titbits. For example, you know how football thinks it's a massive business? Well did you know that the average Premier League club turns over less money per year than a supermarket? Not a chain mind you. I'm talking Chichester's own out-of-town Tesco's. That one shop alone is a bigger business than, say, Tottenham Hotspur.

SHOPPING IN CHICHESTER

You can see where we're heading. The mega out of town shops where the new John Lewis is, lack of the walk are heaving. The queues for the giant car park are choking the roads. If our proper High Streets, namely the ones off the Cross, are to hang in there, they need a massive underground car park which takes shoppers up into the middle of town. Otherwise Chi is in danger of becoming a ghost town of chipboard facades and a handful of gift shops, coffee houses and valiant gentleman's outfitters.

NEW YEAR JOGGERS

There seem to be fewer first time joggers pottering along the Chichester pavements in their new running gear than ever before.

JOKE

Why do Frenchmen make an omelette with just one egg?

Because in France one egg is un oeuf.

Let us know what you think

@chiherald

CONTACT TOMMY AT: TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

cineworld
YOUR POWER TO WATCH UNLIMITED MOVIES
(IT'S YOUR PERFECT SIDEKICK)
cineworld
UNLIMITED
MR B. WAYNE
cineworld.com
WATCH AS MANY MOVIES AS YOU CAN FOR JUST £14.99 A MONTH
Ask a member of staff or join at cineworld.com/unlimited

Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@YBandH

"Been over to Chichester this afternoon. It's a lovely place to shop for a day out as it's all pedestrianised. Highly recommend it!"

@Little__Nicky

"Had the most amazing lunch at @ParkTavernChi yesterday #greatfood #chichester"

@Spirit_FM

"Strong Demand for Chichester-based Food Bank"

@helenjbeal

"The bells, the bells... It's a Wednesday night in Chichester - why are the bells making such a racket? Is it bell practice or something?"

@messingham

"Everyone looks fat and ill in Chichester these days"

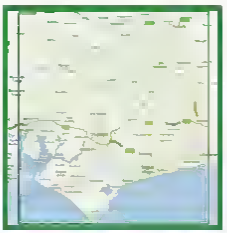
Follow us: @chiherald

Chichester
FREE EVERY FRIDAY HERALD

Chichester Herald [illegible] available for self selected pick up / delivery for key across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75,000.**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **314 newspaper stands** in the area. Chichester Herald also in all coffee shops. We also distribute at east and west newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick-up point areas and businesses delivered to include:
Aldwick, Arundel, Barnham, Birdham, Bosham, Brackelsham, Chichester, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Petworth, Selsey, Slindon and East & West Wittering.



Contact us

Information:
info@chichesterherald.co.uk

Managing Editor:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub-Editor:
Megan Hedges *(Sub Editor)*
megan.hedges@chichesterherald.co.uk

News, sport & entertainment:
news@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk

Accounts:
Mark Ansell *(Finance Director)*
accounts@chichesterherald.co.uk

Photographer: Ginny Manning
photo@chichesterherald.co.uk

Telephone:
01243 200999

Head office:
Suite 804, 26 The Hornet, Chichester, West Sussex, PO19 7BB

www.chichesterherald.co.uk

Twitter: @chiherald

It really does work... the testimonials:

Furniture & Mirror, based in Terminus Road say: "Whilst a couple were having a coffee in Eric they picked up a Chichester Herald from the stand in the café. They were in Chichester looking for furniture. Having seen our advert they came around to the showrooms and having been impressed with the quality and prices, they ordered a large selection of goods from us!"

recycle

Chichester Herald is printed from 100% recycled paper. Please recycle after you have finished reading your wonderful newspaper.

Printed by Ilfe Print www.ilfeprint.co.uk

January Sale of the 3 best

Celebrating 25 years of continuous trading

idealwindowsolutions

This new year why not take advantage of our amazing offers all supported by...

- ☑ 10 Year Insurance Backed Warranty
- ☑ Competitive Finance Rates Available*
- ☑ Yale Security Hardware Available

1 energy efficient windows

	A Rated Triple Glazed	A Rated Double Glazed	C Rated Double Glazed
Any 3 Windows	£1720	£1495	£1350
Any 5 Windows	£2870	£2495	£2250
Any 7 Windows	£4020	£3495	£3150
Any 9 Windows	£5170	£4495	£3995
Any 11 Windows	£6320	£5495	£4885
Any 13 Windows	£7470	£6495	£5775
Any 15 Windows	£8620	£7495	£6375

*Conditions apply see below

2

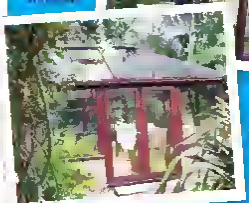
Any size, any colour composite front door FITTED £995

Composite Front Door with a PVCu back door FITTED £1550

Any size, White PVCu Patio or French doors FITTED £1095

Refurbish my conservatory 3

Before Old and unsafe sloping polycarbonate roof & E Rated windows



After New Solar control glass roof with A Rated energy saving windows

plus Order ANY conservatory before 31st of January and get

HALF PRICE Multi-folding door

Order facia & soffit by 31st January and you get the guttering FREE!

VISIT OUR SHOWROOMS AT MARKET ROAD, CHICHESTER & BLACKBROOK ROAD, FAREHAM

For expert advice on our exclusive range of PVCu, Timber and Aluminium Windows, Doors & Conservatories. We Also Install Solar Panels

FREEPHONE 0800 731 8761

www.idealwindowsolutions.co.uk

Dont just take our word for it!
over 1200 satisfied customers can't be wrong

Proud members of Checkatrade.com Where reputation matters
9.7 OUT OF 10

Ideal Window Solutions Ltd Unit 12 Blackbrook Business Park Blackbrook Road, Fareham, Hampshire PO15 5DR

enviroWindow FENSA Proud members of Checkatrade.com Where reputation matters BSEN7412 BSEN7413 BSEN7950 edgcos FOUNDING MEMBER

*These offers cannot be used in conjunction with any other offer. Prices shown are white finish PVCu and include installation and VAT. If you require special finishes or colours please ask for details. Each section of a bay window counts as one window. Maximum window size 2.5m x 1.2m. Window offer is for our casement range only. Terms and conditions apply please ask for written details. Images used for illustration purposes only. Finance is available on orders over £1300. Finance available subject to status. IWS reserve the right to withdraw this offer at any time.

WINTER SPECIAL OFFER

4 WHEEL ROLLATOR

WAS £89.32 (excl VAT)

NOW £74.99 (excl VAT)

7KG! BRAKES + SOLID WHEELS, COMFY SEAT, RED/GREE/BLUE.

3 WHEEL ROLLATOR

WAS £59.99 (excl VAT)

NOW £54.99 (excl VAT)

5.7KG! BRAKES, SOLID TYRES, LEATHERETTE BAG

3 WHEEL ULTRALITE TRI WALKER

WAS £74.99 (excl VAT)

NOW £69.99 (excl VAT)

4KG! BRAKES SOLID TYRES LEATHERETTE BAG THE LIGHTEST 3 WHEELER!!!!

CITY WALKER

NOW £99.99 (excl VAT) 4 WHEEL SMART WALKER

7KG! ADJUSTABLE HEIGHT HANDLES. FRONT BAG, COMFY LARGE BACKREST, SUPER SOFT HANDLES.

THE FOLDING BLUEBIRD

£165.00 (excl VAT)

Weighs 10kgs. Comes with easy to carry heavy duty bag Max user weight 120kgs. Solid tyres, brakes, fold down arms. 48 hour delivery nationwide!!!!

WINTER SCOOTER SALE

FROM £595.00 (excl VAT)

Boot and road legal scooters with a range of 10-35 miles at 4-8mph Free home or shop demonstration with no obligation to buy

RISER & RECLINER CHAIRS

FROM £450.00 (excl VAT)

Single and dual motors available in our showroom with a large range to choose from Free delivery to local area + 50 miles

SONARIS BATHMASTER BATH LIFT

£345.00 (excl VAT)

Enjoy a relaxing bath, Available in blue or white. Rechargeable battery handset. (charges away from the bath lift) Simple, easy to use

Ideal to take away on holiday

Full range of incontinence products, from disposable pads, pull-ups and all in ones to washable and personal bed wear.

High Absorbency, Low Cost per Unit.!!!

Free home demonstrations with no obligation. For excl VAT payments please telephone and ask for assistance

ALL YOUR MOBILITY REQUIREMENTS UNDER ONE ROOF

One Stop Mobility

www.one-stopmobility.com

sales@onestopmobility.com

15-16 The Parade, East Wittering, West Sussex, PO20 8BN

01243 673868

Reported attack on man in Midhurst High Street

POLICE are seeking witnesses to an incident reported to have taken place outside the Nat West Bank in North Street, Midhurst at 2.30pm on Friday 21 December. The victim, a 34-year old local man, reports that he was walking past the bank when he was punched by the suspect which caused him to fall and then bade a small quantity of cash stolen from him as he lay on the ground.

The suspect is described as being white, middle aged - about 5'9" and of average build, wearing dark clothing.

PC Trevor Pritchard said: "This is the main street in Midhurst which would have been busy at that time. Anyone who saw what happened is asked to contact us via 101 quoting serial 0925 of 21/12. You can also call independent charity Crimestoppers on 0500 555 111."

Two charged following Bognor pub drugs raid

TWO men have been charged following a drugs raid by officers at the The Old Barn pub in Felpham Road, Felpham on Sunday 23 December.

David Towers, 31, of Pennyfields, Bognor Regis, has been charged with possession of cocaine and cannabis along with Liam O'Brien, 35, also of Pennyfields, who has been charged with possession of cocaine. Both men have been bailed to appear before Chichester Magistrates Court on 16 January 2013.

Officers carried out warrants under the Misuse of Drugs Act and arrested 11 men in total along with a quantity of suspected class A and class B drugs.

The following four men have all been bailed until the new year pending further enquiries.

A 70-year-old man and a 34-year-old man, both from Bognor and arrested on suspicion of conspiracy to supply class A drugs.

A 30-year-old man and a 29-year-old man, both from Bognor and arrested on suspicion of possession with intent to supply class A drugs.

A 23 year-old from Bognor was arrested on suspicion of cultivation of cannabis.

Four Bognor men, aged 23, 27, 28 and 51, arrested on suspicion of possession of class A drugs, have been cautioned.

Police applied to Arun District Council licensing department for a temporary closure of the premises.

A meeting of the licensing committee took place last month and it was agreed that the premises will be closed until a full hearing has taken place, which must be held within 28 days.

Man sentenced for defrauding banks

A SERIAL fraudsman from Sussex has been sent to prison after being found guilty of multiple frauds totalling some £750,000.

Detectives from the Sussex Police Economic Crime Unit carried out Operation Westpark, an investigation into fraudsters by 56-year old Gary Robinson, also known under another six different identities including Gary Roberts, Richardson, and Jones. Robinson used addresses across West Sussex, including Chichester, Arundel and Westergate.

At Chichester Crown Court on Thursday 20 December he was sentenced to four and a half years, having pleaded guilty to 14 offences of fraud. He was served with a confiscation order under the Proceeds of Crime Act, requiring him to repay into the court a separate amount of £356,000. He also had a further 14 similar offences, to the value of £357,000, taken into consideration.

The money confiscated by the court goes to the central Government exchequer, but 50% of it then comes back to law enforcement. Of that 50%, one third goes to the Crown Prosecution Service, one third to HM Courts System and one third to police. The money that comes back to Sussex Police is used to help support the work of the Economic Crime Unit, and as donations to local community projects.

Between 2007 and 2009 Robinson defrauded several banks by using multiple false identities to obtain loans which were never repaid.

He failed to appear at court when charged in 2012 but was finally arrested by North Wales Police this month as a direct result of the continued efforts and intelligence provided by the Sussex officers. He then pleaded guilty to all offences.

Detective Constable James Wisley, who led the investigation over many months, said: "Robinson, as he currently calls himself, has been working in the motor engineering industry for some years, using business and personal bank accounts to take out loans, account overdrafts, cheque books and credit cards, drawing bankers drafts for thousands of pounds and even a mortgage for a boat. Books were deceived into believing he was genuine new customer each time and as a result he was provided with financial services. His lifestyle was supplemented by using various accounts in different identities to obtain luxury items such as yachts. He obtained some £350,000 by this means.

"This man is a systematic and thief. We warn institutions and individuals about the dangers of being taken in by plausible people like this, who provide no real evidence of their background and ambitions."

idealwindowsolutions

January Sale of the 3 best

This new year why not take advantage of our amazing offers all supported by...

- 10 YEAR INSURANCE BACKED WARRANTY
- COMPETITIVE FINANCE RATES AVAILABLE*
- YALE SECURITY HARDWARE AVAILABLE

1 energy efficient windows

	A Rated Triple Glazed	A Rated Double Glazed	C Rated Double Glazed
Any 3 Windows	£1720	£1495	£1350
Any 5 Windows	£2870	£2495	£2250
Any 7 Windows	£4020	£3495	£3150
Any 9 Windows	£5170	£4495	£3995
Any 11 Windows	£6320	£5495	£4685
Any 13 Windows	£7470	£6495	£5775
Any 15 Windows	£8620	£7495	£6375

*Conditions apply, see below

2 Yale

Any size any colour composite front door FITTED £995

Composite Front Door with a PVCu back door FITTED £1550

Any size, white PVCu Patio or French doors Up to 1800 wide and 2100 High FITTED £1095

3 Refurbish my conservatory

Before

After

plus Order A3 or larger and get a FREE Digital Photo Frame

HALF PRICE Multi-folding door

Order facia & soffit by 31st January and you get the guttering FREE!

VISIT OUR SHOWROOMS AT MARKET ROAD, CHICHESTER & BLACKBROOK ROAD, FAREHAM

Dont just take our word for it! over 1200 satisfied customers can't be wrong

CheckATrade.com 9.7 out of 10

For expert advice on our exclusive range of PVCu, Timber and Aluminium Windows, Doors & Conservatories. We Also Install Solar Panels

FREEPHONE 0800 731 8761

www.idealwindowsolutions.co.uk

Unit 12 Blackbrook Business Park Blackbrook Road Fareham, Hampshire PO15 5DR

Unitro FENSA CheckATrade.com Edgcos

Prices shown are for a pair of equal doors with any other size. Prices shown are white finish PVCu and include full installation and VAT. If you have spacial frames or colours please ask for details. Each section of a bay window counts as one window. Maximum window size 2.5m x 1.2m. Window sills are our customers choice only. Terms and conditions apply please ask for written details. Images used for illustration purposes only. Finance is available on orders over £1,500. Finance available subject to status. IWS reserves the right to withdraw this offer at any time.

Motorists warned to drive slowly through floods

MOTORISTS across West Sussex are being urged to drive slowly on roads which have been affected by flooding over Christmas.

The heavy rain which fell during the holiday period has led to an increase in the number and size of potholes being reported to West Sussex County Council.

Drivers are reminded to take extra care when venturing out on the roads, particularly in rural areas, and to adapt their driving to meet the conditions.

Lionel Barnard, Deputy Leader of West Sussex County Council, said: "We are doing everything we can to maximise the impact the wet weather is having on our road network.

'But in the meantime people need to remember to drive responsibly when faced with flooded roads. Please go slowly wherever there is water on the road – there could be a pothole hidden underneath."

Surface water has exacerbated the problem with existing potholes, as the water washes away loose particles of road surface whenever vehicles pass over them.

The County Council's contractor Balfour Beatty has been busy assessing and fixing potholes throughout Christmas and New Year.

The weather is forecast to improve over the next few days, reducing the risk of further flooding.

However there will still be a lot of ground water and Environment Agency flood alerts remain in place for the Lavant Valley, and for the River Lavant and River Ems.

There have also been reports of flood warning signs being removed from the roadside by members of the public.

Net company growth falling in Chichester report Duport

NET COMPANY GROWTH fell in Chichester during the third quarter of the year, according to a new report by leading company formation agents, Duport.co.uk.

The third quarter of 2012 saw a decline in net company growth in Chichester, according to the latest Duport Business Confidence Report for the area.

During the third quarter of the year, the company register increased by just 31 - less than half the figure seen during the same period in 2011.

The report also showed a decrease in company formations and a drop in UK company share - suggesting that the city is still struggling due to the effects of the recession.

Chichester has a vibrant tourist industry, but last year saw some cuts that could have affected it. The Tourist Information Centre was closed and replaced by a scaled-down version inside the The Novium museum. Several key tourism staff were also lost. These cuts may have had an adverse effect on the tourist trade of the city which in turn, could have affected net company growth.

Managing Director of Duport.co.uk, Peter Valaitis said: "The figures in our report for Chichester are not wholly positive, but I have no concerns about the long-term health of the local economy."

"The charming and historic city centre, together with excellent transport links and a worldwide reputation for tourism, should secure a prosperous future for the Chichester beyond the economic downturn."

The Duport Business Confidence Report for Chichester gives an insight into the local economy, providing data on a variety of economic indicators including company formations and closures. More information can be found at www.duport.co.uk/chichester.

Duport Business Confidence Reports are generated and released by Duport Associates Ltd. The data contained in these reports is assimilated and analysed by Duport using public record data from sources including Companies House, Office for National Statistics and Ordnance Survey. Duport Associates Ltd is a leading UK company formation agent, established in 1997 and registering around 10,000 new companies each year through its Companies House approved software.

Bedrooms by
feather & black

Clearance Outlet
Up to 75% off*

Offers of the week

Sienna 5 Drawer Chest
Was £1095 Now £475 Save £620

Marblehead 2 Door Cupboard
Was £469 Now £265 Save £204

Seattle Filing Cabinet
Was £625 Now £179 Save £446

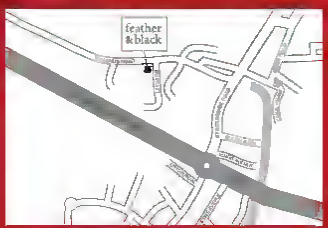
Chilton Super King Nickel Bedstead
Was £845 Now £299 Save £546

Richmond Blanket Box
Was £559 Now £199 Save £360

Cube Bedside
Was £199 Now £79 Save £120

Visit Feather & Black's largest UK clearance outlet.
Items added daily, first come, first served.

Feather & Black Chichester, Terminus Road, PO19 8ZZ
Tel: 01243 380 636 www.featherandblack.com



*All clearance products are subject to availability and are sold as seen.

SING! DANCE!
ACT NOW!
The original, largest and still the best network of performing arts schools in the world.
Nurturing and developing young peoples potential through dance, drama and singing.
For 4-18 year olds at weekends and holiday workshops.

Stagecoach Chichester

Is enrolling NOW for the Spring Term

An opportunity to experience the exciting mix of dance, singing and drama.
Call: 01243 587 885
email: chichester@stagecoach.co.uk
www.stagecoach.co.uk/chichester
'Act' now Limited places available!
Theatre Arts Schools
Stagecoach

First meeting of task force takes place

THE FIRST meeting of the West Sussex County Council Health and Adult Social Care Select Committee (HASC) task force, set up to examine the future of short break services for children with complex health needs and disabilities, has taken place.

The task force was set up following the November meeting of HASC which heard that numbers using some residential centres for short breaks had been falling. There was particular concern for the future of two NHS residential units – the Cherries in Chichester and Holly Lodge in Horsham.

The first meeting of the task force heard from the NHS that the current services in West Sussex are not sustainable and that a new model of service provision needs to be developed that is clinically and financially viable, and improves parents' choices.

Changes to the criteria for NHS funded short breaks services mean that fewer children are now eligible and the future of the Cherries and Holly Lodge is under review.

Also at the task force were representatives of the West Sussex Parents' Forum and parents whose children use the Cherries.

Chairman of the task force meeting, Amanda Jupp said: "As a task force we made it clear that we want parents to be involved in finding a solution and to be fully engaged as they understand what is going on.

"We have asked the NHS to work with other organisations and parents to try and find a solution. There may be alternative ways of using these centres to ensure their future, and we will be looking in to that at our next meeting in January."

The task force has also asked to see evidence and outcomes from stakeholder engagement and consultation – and also information on the short term arrangements and provision if any services did need to close.

After its final meeting in January, the task force will report back to the next HASC meeting on Wednesday February 20, 2013, with its conclusions and recommendations. The HASC meeting takes place at County Hall, West Street, Chichester, and starts at 10.30am.

Prize-winning Jubilee photos to be preserved in Record Office archives

A NUMBER of prize-winning photos of this year's Diamond Jubilee are to be preserved in the West Sussex Record Office's archives.

The pictures, from four amateur photographers living in the county, showcase the celebrations in the South of England on June 5.

It was part of a competition, led by the Record Office, offering people a chance to win a place in the archives alongside documents from the Queen's coronation and silver jubilee.

Nichola Courtney and Susan Millard, who launched the contest, said: "We received hundreds of photos of the many street parties and parades held across West Sussex.

"The winning pictures have been added to our collection and will be preserved for future generations to see how we celebrated the jubilee weekend.

"Many of the photos are being put on display in the Record Office throughout January, while we are still looking for more images if people want to send them into us."

The Diamond Jubilee marked Queen Elizabeth II's 60-year anniversary on the throne, while also commemorating her as the second-longest serving monarch – behind Victoria.

[illegible]
school.

Lionel Barnard, County Council Deputy Leader responsible for the Record Office, said: "This competition has helped preserve the memories of thousands of people so they can be shared with future generations for years to come.

"Our archives are an invaluable resource and, as they already store thousands of images and documents, these new photos will be well placed.

"Although there were only four winners every photograph entered was worthy of preservation."

Selsey Library to reopen with new self-service machines

SELSEY Library has re-opened with new self-service machines.

The branch, on School Lane, recently closed for two weeks to install the state-of-the-art terminals – which help readers borrow and return items themselves.

It is part of plans to modernise the service by placing machines in all 36 of its libraries – with Southbourne and Witterings to follow next year.

Lionel Barnard, County Council Deputy Leader who oversees the service, said many readers in West Sussex are already seeing the benefits of the new machines.

He added: "They cut down on the long queues and make borrowing a quick and simple process.

"Staff will be on hand when the branch reopens for anyone in need of help."

BIGGEST EVER SALE NOW ON!

Everything reduced!

Fantastic savings throughout the showroom

Beds | Bedsteads | Mattresses | Bedroom Furniture | Wardrobes | Sofabeds

Ranges to suit all pockets, from budget to exclusive luxury

including luxury brands like **Hypnos**, **Jensen** and **Somnus** – all at great prices

Double Divan Beds FROM **£299**

VISIT THE **LARGEST** bedroom showroom in the area.

ChiBeds@Bosham

Not Just Beds

www.chibeds.co.uk

Main Road, Bosham, Chichester PO18 8NN **T:** 01243 576622 **E:** info@chibeds.co.uk

Sainsbury's Chichester helping customers live sustainably

SAINSBURY'S Chichester is providing local residents with a solution to make use of their Christmas cards this year. The store, situated in Westhampnett road Chichester now has a Christmas card recycling bin in place and residents can bring in their cards up until 15th January.

The bin is situated in the front foyer of the store and Sainsbury's will be making a donation to the Forest Stewardship Council (FSC) based on the volume of cards collected.

Sainsbury's Store Manager Richard Hoy said "We know that our customers care about the environment and reducing their impact on landfill so we're providing really simple and hassle free ways for them to live more sustainably and recycle their Christmas-waste once the holidays are over."

The store is also offer other recycling facilities including Batteries – Sainsbury's was the first UK retailer to offer a safe way for customers to dispose of batteries in every store with over 21 million batteries recycled by in the past year from in-store collections (equivalent to over 50 per cent of all the batteries it sold in that time).

The store is also part of 330 across the country where the following can also be recycled this holiday season: Cardboard and Christmas wrapping paper, aluminium, clothing, glass and plastic.

Andy Dawe, Head of Food & Drink Programme, WRAP said: "We are delighted that Sainsbury's Chichester is working with its customers to help them find ways to recycle. Such a wide range of Christmas items can be recycled, from your Christmas turkey foil to your Christmas cards."

Crew need help for finals

A CHILDREN'S street dance crew are looking for sponsorship to help them progress their talents to bigger audiences – including the UDO world championships this year. The South Coast Crew, made up of children from the Chichester area that are aged between nine and fifteen, and consists of eight girls and three boys, are based at Westgate Leisure.

Lee Sargeant, who runs the group, said: "They have been together now for 5-6 months and practise every week with me on a Saturday, and a couple of weeks ago they entered the UDO south coast street dance championships which was held in Portsmouth which was their first performance let alone competition, and out of 13 other crews/teams in their category the under 14s they came 2nd which now means that this year in August 2013 they have to travel to Glasgow, Scotland and compete in the UDO world championships against the best crews from England, USA, Asia, Germany and Africa."

Lee is seeking sponsorship for the group from any local companies or ones further afield. He said "Advertisement of your names on our clothing and promotion of your business at performances we do can all be part of some agreement if anybody out there can help us in anyway.

"Anything that would help to get these children the clothing and support they need to get there next year."

For any interested companies please contact Lee Sargeant on 07908626082 or email lsargeant@chichester.gov.uk

West Sussex children in care share their successes with 'A National Voice'

THREE young people from West Sussex Children in Care Council (CiCC) recently showcased their achievements at a national event.

The day, which took place earlier this month, was organised by the charity A National Voice to give CiCCs from across the country the opportunity to come together and share their successes and experiences. The West Sussex CiCC attended alongside Stuart Galbraith, Director of Children's Services at West Sussex County Council.

The West Sussex CiCC have been working on many things during the year including their successful '10 things we want from our social worker' project, which they presented at the national event as one of their major successes.

The scheme was set up as a promise between social workers in the county and the young people in care that they work with.

It aims to ensure the youngsters receive the help and guidance they need in the manner they want.

Nigel Peters, Deputy Cabinet Member for Children and Families, said: "This was a wonderful chance for our young people to shine.

"The Children in Care Council works hard all year round and it is great for them to receive recognition for their efforts."

Stuart Galbraith added: "It was clear the idea they developed around '10 things we want from our Social Worker' is likely to be embraced by other CICCs.

"We were also able to pick up some good ideas from other parts of the country and I am excited to find out how our children and young people will develop our CICC to ensure it remains one of the best.'

Broadview
We've got it covered
Shutters & Blinds for your home and lifestyle....
NO VAT to celebrate the new year*
On blinds, shutters and awning orders placed in January.
*Exclusions apply
Chichester 11 Eastgate Square, Chichester, West Sussex PO19 1JH • (01243) 792382
Bognor 44 Aldwick Road, Bognor Regis, Hampshire PO21 2PN • (01243) 824397
www.broadview.co.uk

Holiday Brochure 2013

Quality UK & Continental Coach & Air Tours

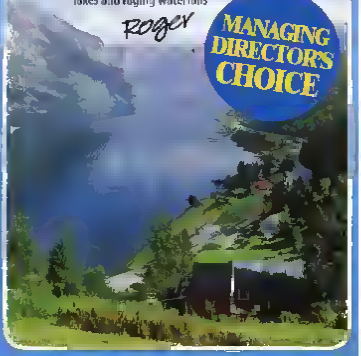
	date	duration
JANUARY 2013		
Arctic Highlights (by Air)	29 Jan	5nts
MARCH 2013		
London Theatre Break	06 March	2 days
Paris Affair	08 March	4 days
Saunton Sands & North Devon	11 March	5 days
Tyrolean Winter Wonderland	15 March	8 days
Lakes & Dales - Newmmers	18 March	5 days
Isles of Scilly (by Air)	21 March	6nts
Bournemouth Easter	28 March	5 days
Heart of England Easter	28 March	5 days
Easter Travels, Trains & Waterways	28 March	5 days
APRIL 2013		
Spring time in Guernsey (by Air)	08 April	7nts
Trail to the Magic Castle	14 April	2 days
Dutch Tulip Time Cruise	14 April	5 days
Great Little Trains of Wales	18 April	5 days
Keukenhof & Dutch Flower Parade	17 April	4 days
Malvern Hills & Welsh Borders	21 April	5 days
'Little Switzerland' & Spring time in Wanders	22 April	5 days
Torquay & Dartmoor	28 April	5 days
MAY 2013		
Scottish Highlands & West	01 May	5 days
Cruising & Countryside Cruising	04 May	5nts
Bristol & Bath Weekend	03 May	4 days
Norwegian Coastal Voyage (by Air)	11 May	11nts
Waterways of North Wales & Cheshire	12 May	5 days
County Durham	18 May	6 days
Alsace Vines & Champagne Bubbles	25 May	7 days
Wessex & Hardy Country	26 May	5 days
Bergen & The Western Fjords (See Managing Director's Choice)	27 May	11 days
Norfolk & The Broads	27 May	5 days
Walker Garden Festival & The Lakes	30 May	5 days
JUNE 2013		
Jersey (by Air)	02 June	7nts
Skye & The Isle of Skye	06 June	9 days
Magical Mayo & Connemara Coast	09 June	7 days
Wildlife of Scotland	10 June	7 days
Crete (by Air)	11 June	7nts
Brittany Jersey & Mont St Michel	12 June	6 days
Bournemouth	16 June	5 days
Rhine Wine & The Moselle Valley	16 June	5 days
Yorkshire Dales & Hermit Country	16 June	5 days
Isle of Man	19 June	7 days
Dales, Trains & Hadrian's Wall	26 June	6 days
Northumberland & The Lindisfarne Gospels	30 June	6 days
JULY 2013		
Douro River Cruise (by Air)	01 July	7nts
Seine/Normandy Explorer	02 July	7 days
Somerset & The Torbay Express	05 July	4 days
Ypres, Passchendaele & Memories of WWI	05 July	4 days
Vines & Railway Lines	15 July	5 days
Landscapes of Wales	18 July	7 days
The Pennaun Valley & Austrian Tyrol	21 July	8 days
Derbyshire & The Potteries	21 July	6 days
Heart of Scotland	22 July	8 days
All'i Well That Ends Well	28 July	5 days
AUGUST 2013		
Disneyland Paris	01 Aug	4 days
Scotland by Steam	06 Aug	7 days
Edinburgh Tattoo & The Borders	11 Aug	6 days
Southport Flower Show	12 Aug	6 days
Crystal Waters of The Italian Lakes	17 Aug	9 days
Beautiful Bath & Somerset	18 Aug	5 days
Caerdiff & The Brecon Beacons	18 Aug	5 days
Cruising the Seine	18 Aug	7 days
Hanover le Cavalcade & Glorious Ghent	24 Aug	4 days
Chester & The Wirral	25 Aug	6 days
Montreux & The Golden Pass Train	26 Aug	8 days
Weymouth & The Dorset Steam Fair	30 Aug	4 days
SEPTEMBER 2013		
A Tale of Two Cities	01 Sept	7 days
Longleat & Downton Abbey	03 Sept	4 days

Bergen and the Western Fjords

I first visited Norway in the 1960s and immediately fell in love with the stunning scenery, the relaxed way of life and the excellent food! Since then I have travelled the world, and I still hold Norway as my favourite. Our twin centre tour has been arranged to show you the best of the beautiful scenery, snow-capped mountains, glaciers, lakes and raging waterfalls

Roger

MANAGING DIRECTOR'S CHOICE



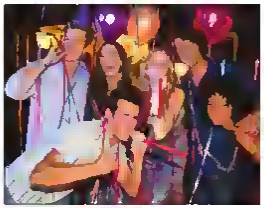
Killarney & The Ring of Kerry	04 Sept	7 days
Cruising Holland & The Rhine	09 Sept	6 days
Waterways of North Wales & Cheshire	15 Sept	5 days
Bournemouth	15 Sept	5 days
Cantabria & The Picos de Europa	15 Sept	10 days
Blackpool Illuminations & Lake Windermere	17 Sept	4 days
Perthshire & Scottish Castles	22 Sept	5 days
Middle England Weekend	27 Sept	4 days
Malvern Hills & Welsh Borders	28 Sept	5 days
Torquay & Dartmoor	30 Sept	5 days
Madeira (by Air)	30 Sept	7nts
OCTOBER 2013		
Breathtaking Bruges & The Flemish Coast	04 Oct	4 days
The Black Forest	05 Oct	7 days
County Durham	06 Oct	6 days
Amalfi Coast (by Air)	07 Oct	9nts
Mystery Tour	13 Oct	3 days
Norfolk & The Broads	14 Oct	5 days
Mediterranean Cruise & Lake Garda	14 Oct	15nts
Isles of Scilly (by Air)	18 Oct	5nts
Mediterranean Cruise & The Dolomites	20 Oct	15nts
NOVEMBER 2013		
Spectacular South Africa (by Air)	14 Nov	13nts
[illegible]	[illegible]	[illegible]
Canadian Rockies (by Air)	May 2014	18nts

Holidays Available to all BUT with NO SINGLE SUPPLEMENT

	date	duration
FEBRUARY 2013		
Scarborough Winter Warmer	25 Feb	5 days
MARCH 2013		
Mystery Tour	10 March	2 days
Saunton Sands & North Devon	11 March	5 days
Sidmouth, Seaton & Dartmoor	17 March	5 days
Cornish Explorer	21 March	7 days
Isle of Wight Getaway	24 March	2 days
Cotswolds' Easter	28 March	5 days
APRIL 2013		
Touch of Class in Torquay	01 April	5 days
Spring time in Guernsey (by Air)	08 April	7nts
Cotswolds Blossom Trail	14 April	5 days
Dublin Trams & Gardens	21 April	6 days
Manchester Ship Canal & Ribble Valley	25 April	5 days
MAY 2013		
Sidmouth, Seaton & Dartmoor	06 May	5 days
Sidmouth, Touch of Class	06 May	5 days
Warner's & Malvern Spring Show	06 May	5 days
Mystery Tour	11 May	3 days
May Gardens of Cornwall	16 May	8 days
Dam Busters at The Petwood Hotel	20 May	4 days
JUNE 2013		
The Lake District	02 June	6 days
Isle of Wight	03 June	6 days
North Devon Explorer	06 June	6 days
Falmouth	23 June	6 days
Cathedrals & Colleges	23 June	5 days
JULY 2013		
Tynesfield & Warner's Littlecote House	01 July	5 days
Constable Country & East Anglia	07 July	5 days
Sandringham & The Lavender Fields - Newmmers	12 July	5 days
Warner's Rodelwaldhan Castle	15 July	5 days
Warners Alvaston Hall	15 July	5 days
Brontes & Isle of The Summer Wine	15 July	5 days
Royal International Air Tattoo	20 July	4 days
Scarborough Spa Express	29 July	5 days
AUGUST 2013		
Torquay & Gardens of Devon	04 Aug	6 days
Mystery Tour	04 Aug	2 days
Chatsworth & Warner's Thoresby Hall	05 Aug	5 days
Liverpool & Manchester	12 Aug	5 days
Doc Martin & The Cornish Coast	19 Aug	6 days
Buxton & The Peak District	26 Aug	5 days
SEPTEMBER 2013		
Sidmouth, Seaton & Dartmoor	02 Sept	5 days
Manchester Ship Canal & Ribble Valley	02 Sept	5 days
North Devon Explorer	06 Sept	6 days
Ludlow, Shropshire & Ironbridge	06 Sept	5 days
Harrogate Flower Show & Yorkshire Moors	06 Sept	8 days
The Lake District	22 Sept	6 days
Falmouth	23 Sept	6 days
North Wales & The Isle of Anglesey	29 Sept	5 days
OCTOBER 2013		
Warner's Isle of Wight	07 Oct	5 days
Cornish Explorer	16 Oct	6 days

WOODS
Brochure Hotline
01243 871666
Information/Bookings
01243 868080
www.woodstravel.co.uk Park Road, Bognor Regis PO21 2PX
ABTA The Travel Association

Ringing in the New Year



Gracie Cliffe

SO SOME people think New Years Eve is one of the worst nights of the year, where people get 'wasted' and forget all about their morals for one night just to count down to the start of a new day. Others think it's a night that gives people hope for a better year to come. I tend to agree with the second one, and as long as people are happy, who cares?

I am writing this column whilst recovering from a very long night of celebrations for New Years Eve. Like many people all over the world, I took New Years Eve as an opportunity to embrace being young and have a party. I'm not in the slightest bit a "party girl" but I like the fact that just the excitement at the prospect of New Year ahead of us makes people let loose a little more than usual. And obviously, some people do just use it as an excuse to drink like there's no tomorrow.

I always find it interesting how different people decide to spend their time, but no New Year's especially so. Some people decide to sit at home, possibly reading or watching TV (I am not judging because that's usually my Friday night), some people party hard, and I mean hard. What I found amusing, and kind of annoying, was the run up to New Years Eve, lots of people online were saying things like 'OMG invite me to a party' or 'I'm all alone' don't mind me' but they didn't actually do anything to try and make plans, they just sat and moaned about it. Seems pointless to me.

But no matter what celebrations we may have had this last week, we must remember our achievements and mishaps, our moments of four and strength, and carry them with us this year, for a chance to do better this time around. And to take all the joy we had on New Years Eve and spread it throughout this new year.

Let us know what you think @chiherald

University of Chichester student set to perform at 02 arena

Henry Maybury will be appearing at the O2

UNIVERSITY OF CHICHESTER student, Henry Maybury, 20, is set to perform at London's O2 Arena on 19 January 2013 as part of the UK wide talent search looking for skilled vocalists and musicians.

Henry, who is currently studying music with musical theatre at Chichester University, will perform a medley of his own songs as well as one number of cover versions in front of an audience of thousands in London. Henry has already been hugely successful progressing through regional and Midland auditions to compete in the grand finals of the acclaimed Open Mic UK 2012 competition.

Open Mic UK 2012 is a national talent competition that searches for the UK's best singers, singer/songwriters, rappers and vocalists of all genres who perform either covers or their own original material.

Henry said of his achievement: "I have worked incredibly hard at writing and performing my own songs to get this far in the competition, but now I am really looking forward to the finals, which of course may be a real challenge, but will also provide me with an unbelievably exciting chance to showcase my talents.

"I now need as many people as possible to show their support by visiting my Facebook page and viewing my YouTube videos."

The final will provide Henry with an opportunity to impress not only the judges, comprising national radio DJ's Annie Nightingale and Charlie Hedges, but also many guests from record labels, agencies and important representatives of the entertainment industry.

150 Cats and kittens need homes

Cat and Rabbit Rescue Centre

A KINDLY aspect of Christmas this year was the cards and letters received from people who adopted cats and kittens from The Rescue. It is so good to hear how cats and kittens have settled and grown into their new home, favourite snooze and observation spots, their explorations, and amusing antics. Often it is nice to know how things worked out following phone calls during the settling in procedure to ask for bits of additional advice on food, litter types, preferences etc.

Selected Cats waiting for a home

• Chester and Teresa are friendly 1 year old black and white males waiting since February 2012. Can be rehomed together or separately.

• Dennis kitten (KF132-12) is affectionate, playful and born at Rescue.

• Dennis is a year old and a black and white very friendly female.

• Tabby male young kittens KM130 and 131-12 and black and white female young kittens KF132 and 133-12 are very friendly, interactive kittens wanting to play and explore the world. Can be homed separately or as pairs.

• Nicole (2) and Nicola (1 year) are friendly tabby females who love attention, to play and be stroked, and came into rescue together in July.

• Josie is a 2 year old friendly short haired brindle torty who came into rescue in April as her owner was moving.

• KM 146-12 is a friendly 5 month old black and white young kitten, born at the centre and desperate for a loving home since his mum Lyra left.

The Rescue asks for a minimum donation of £45 for each cat or kitten which includes vaccination, microchipping, and neutering. Free vet insurance for 4 weeks is provided. A young un-neutured kitten is £70 and a voucher for neutering at The Rescue is supplied. The usual Cat and Rabbit Rescue Adoption Terms and Conditions apply. Visits are strictly by appointment, Tel: 01243 641409.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk

Councils join forces to share ideas on looking after children

A SEMINAR has set up a corporate parenting network, the first of its kind in the country, which will enable Councillors with corporate parenting responsibilities to pool ideas and provide mutual support.

The new initiative means that local councils in the South East that look after children will work together more closely.

A total of nine local authorities attended the seminar at County Hall in Chichester, which was the idea of David Simmons, Chairman of West Sussex County Council's Corporate Parenting Panel.

David said: "At the heart of all that we do as corporate parents are the needs of our children in care. By setting up a regional network, we can share best practice and new ways of working. We can also form a group voice when looking at national policy whether it's something we support, or something we feel we need to challenge together."

West Sussex County Council Leader Louise Goldsmith gave the introduction at the seminar. She said: "We all have a responsibility in giving our looked after children the best possible start in life. By setting up this network, we can ensure we are all ahead of the game and working together to help our children achieve all their aims and ambitions."

Also at the seminar was Councillor David Simmonds Chairman of the Local Government Association's Children and Young People Board. He said: "Being a corporate parent is one of the most important roles a council performs and it's vital they get it right. It's great to see local councillors taking the initiative to share new ways to better meet the needs of the children in their care.

"It is important that the work of the network is fed back to the National Children and Young People Board so that looked after children across the country can benefit from the trailblazing initiative, which is a good example of what we mean by sector led improvement."

Other authorities who attended the seminar were: Brighton and Hove City Council, East Sussex County Council, Hampshire County Council, Kent County Council, Medway Council, Portsmouth City Council, Southampton City Council and Surrey County Council.

The seminar looked at areas including:

- The expectations of elected members as corporate parents
- Current challenges facing corporate parents such as educational attainment and support to care leavers
- Establishing a south east regional network
- Exchanging current working practices and circulating new ideas
- Working smarter to continue to provide quality services to looked after children in difficult financial times

(L/R) [illegible] Local Government Association's Children and Young People Board, David Simmonds Chairman of West Sussex County Council's Corporate Parenting Panel, David Simmonds, West Sussex County Council Leader [illegible] Goldsmith and West Sussex County Council Cabinet Member for Children and [illegible] Peter Evans

Members agreed to hold meetings twice a year across the region, with the next meeting being held in the first half of 2013 to take the work of the network forward.

New farmers' market set to stimulate retail interest

HAMPSHIRE Farmers' Markets will be coming to Emsworth in the New Year, setting up stalls offering a wide range of local produce in Palmers Road Car Park from 10am until 2pm on Saturday 19th January.

Ahead of presenting new competition to Emsworth retailers, HFM Business Manager Alex Handford claims that their established markets throughout the county have consistently attracted increased foot fall, bringing greater opportunities for existing retailers and she commented: "We are looking forward to working closely with the Emsworth community and retailers and to complement the established retail offering in the town. Retailers in all of our market locations across Hampshire benefit from the additional shoppers that the markets help to attract and the coffee shops, pubs and restaurants also enjoy increased custom. We are confident that Emsworth will benefit in the same way."

The Hampshire Farmers' Markets is a community interest, not-for-profit organisation holding regular markets across Hampshire that provides numerous far reaching benefits with additional employment created and money kept within the local economy, as well as the reduced impact on the environment.

"Our market stall holders aim to provide really good value, particularly in these times when everyone is watching their food spend. Visitors are often surprised by the great value and savings they find from the reduced food miles and no middle man, passed onto the consumer. We also have regular producer offers on our website and on the day, giving our visitors a really cost-effective and vibrant shopping experience with a wider choice of interesting local products," continued Alex Handford.

The HFM also intend to organise additional attractions such as their Cookery Demonstration Kitchen, inviting Chefs from local establishments to demonstrate their skills using local produce from the market and are looking for local businesses that may be interested in sponsoring these events.

For more information on the Hampshire Farmers' Markets, cookery tips, recipes and offers visit www.hampshirefarmersmarkets.co.uk

Make a difference to your life!

If you really want to make a difference to your life and improve your wellbeing, we have a fantastic offer for you. Join anytime in January for just £15 and pay no monthly fee until 15 February 2013!

Westgate Leisure

Provided by Chichester [illegible] Trust

Westgate Leisure Chichester our Premier+ membership includes:

- Unlimited use of the gym facilities, sauna, steam, spa's, swimming, fitness classes and racket sports at Westgate Leisure Chichester
- Unlimited use of gym facilities, fitness classes and tennis at Westgate Leisure Bourne
- Free parking
- No contractual ties

Membership from £37.20 per month

Westgate Leisure Bourne offer includes:

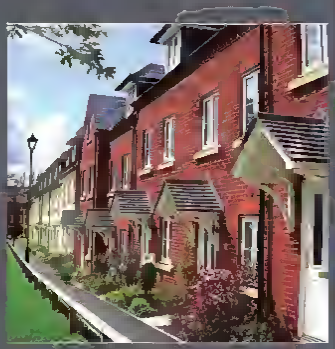
- Unlimited use of gym facilities and tennis courts
- All fitness classes including yoga, pilates and aerobics
- No contractual ties

Membership from as little as £23.40 per month

For more information call: 01243 785651 or visit our website www.westgateleisure.co.uk

OUTSIDEinterests

Keep Warm & Cosy This Winter with Stylish new PVCu Windows & Doors



- Free no obligation site survey and quotation
- Reduce carbon footprint
- High Security
- Full installation service
- Full removal and disposal of old frames

FULL RANGE OF COMPOSITE, PVC, ALUMINIUM & HARDWOOD DOORS FROM £800 FITTED (inc VAT)

2 Barnham Road, Barnham, PO22 0ES
www.outsideinterests.co.uk
For further information please contact us on 01243 553334

New guides reveal 1,800 year history of Chichester's City Walls

THE HISTORY of Chichester's 1,800 year-old City Walls comes alive in three new publications

A book, a souvenir guide and a free new leaflet have been launched

It follows the completion of a major three-year project to restore the City Walls for future generations including structural repairs to the most vulnerable sections

The free leaflet and souvenir guide – entitled Chichester City Walls A legacy of the Romans – introduces residents and tourists to the Walls The souvenir guide is available for £2.50.

A more detailed account has been produced by Museum of London Archaeology The new book – Chichester City Walls by Andrew Westman – is a detailed history of the Walls from the arrival of the Romans to the present day The book costs £15

All the publications are all available from The Novium, Chichester's new museum in Tower Street, and from all good bookshops

Andy Howard City Walls Project Officer, says "These new publications are a great resource for residents and visitors who want to find out a bit more about our historic walls"

The restoration project was awarded £685,000 from the Heritage Lottery Fund, recognising the national importance of the Walls. The grant was awarded to Chichester City Walls Partnership Chichester District Council also contributed £199,000 towards the project.

The structural repairs to the most vulnerable sections of the Walls have involved stitching cracks and removing loose mortar In other places the work was structural, with eight metre long anchors being driven through the wall to prevent it from leaning or bulging further

Access improvements have also been made so more people can enjoy the City Walls Trail.

The Walls represent the most intact circuit of Roman town defences in southern England. More than 80% of the original structure has withstood the test of time and virtually the whole circuit is publicly accessible

In April, the Walls were celebrated in style with the City Walls Illumination event during the summer special plaques, panels and 27 bronze waymarkers were installed in Chichester to create a 1.5 mile circular trail around the city

The Walls and gates were first built around the Roman town of Novio magus Regnorum or Chichester as we now know it.

For more information about the City Walls project please contact Andy Howard on 01243 534695 or email ahoward@chichester.gov.uk

Royal Bay Residential Home is situated close to the shops and sea front, with the advantage of having the Marine Park Gardens close by We offer the highest standard of care, with a person centred approach to caring We provide a friendly homely happy environment to live in that offers complete care, or just support and reassurance

All staff are highly trained and we are currently implementing the Gold Standard framework. The home has always received high appraisals from the Care Quality Commission and strives to maintain and improve our service

We can care for Independent, dependant and physically disabled elderly with a few places for those who are delightfully confused You are welcome to come and look around any time

ROYAL BAY RESIDENTIAL HOME | 86 ALDWICK ROAD
BOGNOR REGIS | PO21 2PE
Tel No 01243 864086 www.royalbay.co.uk

Royal Bay Nursing Home is based in Barrack Lane Bognor Regis and is registered to provide Nursing Care to older persons and young people with disabilities The home has trained nurses on duty 24 hours a day leading a team of carers most of which have been trained to NVQ level 2 and above

If you would like to see for yourself everything we have to offer with no obligation please call Jan, our new Manager or one of her nursing team who will be happy to show you around this lovely home at a time to suit you.

At Royal Bay we believe a home should be ..
- A place where each person is an individual and treated as such
- A residence without unnecessary rules and regulations
- A home where care, dignity and compassion always take priority
- A niche providing quality person centred care
- A place where proactive programmes of activities are tailored to meet the needs of the individual

Royal Bay Nursing Home | 86 Barrack Lane | Bognor Regis | West Sussex | PO21 4DG
Tel No 01243 267755 / 267761 Fax No 01243 266123
Email jan.evans@royalbay.co.uk or info.royalbay@btconnect.com www.royalbay.co.uk

Chichester Business

FOLLOW US ON TWITTER
@chiherald

Chichester brings Italian idea

LAST year an Italian tourist visiting Chichester fell in love with a secluded square behind the beautiful St. Pancras church at the end of East Street. This accidental encounter started an idea for one of Italy's top coffee companies Attibassi, to launch its first Espresso Bar

Designed and planned in the Italian city of Bologna where Attibassi is based, the Espresso Bar now sits proudly between the Brasserie Blanc and Carluccio restaurants. Within house trained Baristas make real Italian coffee specialities and carefully make the most of every espresso certified coffee bean. Alongside the coffee sits real Italian Gelato especially imported from Milan and traditional Italian deserts along with Jing loose Leaf Tea. The Espresso Bar hopes to bring an authentic Italian feel to Chichester

Open 7 days a week, be sure to pop in

Sheen Stickland LLP celebrate the arrival of new partner at their Chichester office

SHEEN STICKLAND LLP has welcomed a new partner, Hilary Julian, to its Chichester office. Appointed in November 2012, Hilary joined Sheen Stickland LLP from another well-established local firm of accountants and will be focusing on building the corporate and professional practice areas of Sheen Stickland LLP in Chichester and the surrounding areas.

Prior to joining Sheen Stickland LLP, Hilary spent the majority of her career at Grant Thornton where she worked with clients in a wide variety of industries, getting to know each client personally and helping them to grow their business. Having graduated from Portsmouth with a degree in accountancy, Hilary's professional background is in audit and accounts, business and personal tax, and providing specialist services to charities and doctors.

Commenting on her new role, Hilary says: "I am delighted to be joining the partnership at Sheen Stickland LLP. With a strong emphasis on client service and support for small businesses, I look forward to developing the corporate and small business elements of the firm. More and more people are working for themselves and we are ideally placed to help these start-up businesses to grow."

Hilary Julian

Philip Sharpe, Senior Partner at Sheen Stickland, commented: "We are excited to have Hilary as part of our team, and her appointment is an important development for the firm, boosting our resources as we look to continue expanding the corporate and owner managed business areas of our practice."

Having lived in the area for over 20 years, Hilary is delighted to be working in Chichester with its thriving business network and scenic location.

Sheen Stickland LLP is looking forward to a busy and exciting 2013 with Hilary joining the Chichester office. Partner Paul Wright will also be continuing to look for new ways to connect with the community and support local schemes as well as expanding Sheen Stickland LLP's business in the Chichester area.

the ship chichester
FOOD GLORIOUS FOOD

The Ship has three new house made menus. Our fantastic Pre Theatre menu is value for money and ideal if you are off to the theatre or time is not on your side. Our bar menu is available for lighter meals and our a la carte features our new and classic dishes, delicious and creative meat and fish options with plenty for vegetarians too. We have several sharing platters including our infamous "plank". Don't forget our current menus and wine list are there to view on our website www.theshiphotel.net

the ship chichester
THE GLORIOUS GARDEN
Our glorious garden is now open for you to enjoy breakfast lunch dinner or perhaps just a refreshing drink
Come and enjoy the tranquility of our garden right in the very heart of Chichester

the ship chichester
THE SHIP'S PLANK

Take the plank!! our brand new sharing plank is already one of the most popular dishes we have ever created. A fantastic mix of ingredients, witnessing hot smoked salmon, quail scotch eggs, potted shrimps, venison wontons, pork fillette, house maple baked ham, celeriac remoulade, beetroot and orange chutney, croquet monsieur, fresh baked bread the list goes on and on. Fun to share, we have also created a vegetarian antipasti version or you may like to dive into a gooey baked camembert!

All these great new dishes can be seen on our website www.theshiphotel.net or better still at The Ship Hotel in North Street right in the very heart of Chichester.

For more information or to book a table at The Ship Hotel please call 01243 778000
The Ship Hotel, 57 North Street, Chichester, West Sussex PO19 1NH
www.theshiphotel.net

SHUT UP!

NOW the cold winter weather is truly setting in its important you stay warm in your home. Timber is a natural insulator and is used as a main source of construction in cold climates. Your windows are a huge source of heat loss that is unless you have Broadview interior wooden shutters. Beautifully crafted from a range of woods and now MDF painted versions available to suit all budgets, Shutters are becoming a must have for modern contemporary living. Natural Basswood & Cedar woods are grown in managed sustainable forests around the world using only the finest selection.

Originating in hot climates hence the name "Plantation style shutters" to summer time provide shade and the ability to adjust the exact amount of light into one room without heat build up. Odd shaped windows lend themselves to shutters as most shapes can be made.

With a variety of styles for opening and a choice of slat thicknesses these made to measure "Furniture for your windows" add true Elegance to any home. Before 31st January 2013 Broadview will also pay your VAT which also includes our ranges of blinds and window coverings. Broadview will be happy to call measure and quote without obligation and have fully trained shutter installers at your service.

To find out more visit one of 13 showrooms across the south or contact your local showroom at Chichester 01243 792352 or Bognor 01243 824397 www.broadview.co.uk/shutters

FOLLOW US ON TWITTER
@chiherald

Chichester Business

Happy Anniversary Harmony Acutherapy

DOCTOR Wang and his wife Susie can look back with a great deal of satisfaction on their first year of running their Chichester based clinic, Harmony Acutherapy, which is located right in the heart of Chichester near the cathedral in Chapel Street. And it is a clinic with a difference focusing on the alternative healing therapy of acupuncture and acutherapy which is experiencing an ever growing following.

Dr Wang has a passion for bringing relief and healing to those whose ailments have found little or no benefit from traditional medical treatments sometimes over a long period. As well as running his clinic in Chichester he works voluntarily with Cancer Wise patients too in his own time.

Hi-Tech Approach

Although based on ancient systems of holistic healing by unblocking and stimulating blood and energy flows around effected areas, via 'acupoints', Chichester's Harmony Acutherapy Clinic is anything but ancient. Its smart reception and treatment rooms are hi tech at every level.

Acupuncture is experiencing increased acceptance within the medical profession too and the cost of treatment is accepted by many health insurance companies today. Dr Wang, a licensed member of the UK Association of Acupuncture and Traditional Chinese Medicine, graduated from Chengdu University nearly twenty years ago and periodically attends update conventions focusing particularly on the latest technology and approaches applicable to his clinic.

Unleashing Healing Energies

It seems there is no end to the range of ailments acupuncture and acutherapy can help. Dr Wang explains that stimulating healing energy is as effective for emotional and stress related conditions as it is for arthritis or any sort of muscular pain, migraine or aftercare of fractured bones. Certainly there is no age limit to those who can gain benefit from it. Recent patients signing up for a series of treatments were aged 92 and 94 years respectively. Maybe it holds the secret of long life too!

Wonders of Word of Mouth

Asked about the growing success of the clinic Susie Wang, a trained nurse herself explains how their advertising with the Chichester Herald began a valuable, steady flow of patients through the door and the success just seems to have spread from one patient to another. Susie says "People often say they were recommended to our clinic by someone we have already helped and we would like to send a big thank you to all our patients for their support and kind words of recommendation. We wish them all a very happy and healthy Christmas and New Year and as a thank you are offering a reduction to rates during early New Year."

SPECIAL NEW YEAR RATES:

Offering FREE consultation and one FREE session of treatment on five sessions booked, or get a FREE gift voucher on five gift vouchers purchased from 14th of December to 14th of February. No expiry date for treatment.

Harmony Acutherapy: 4 The Chambers, 28 Chapel Street, Chichester. PO19 1DL. 01243 537806
Open Mon-Sat 9am - 6pm

» ***Chichester Herald*** is a free weekly newspaper available for self-selected pick-up across the city of Chichester in a wide variety of locations with a weekly readership of up to 75,000

Additionally, every business in the city centre receives a copy every Friday

Providing a combination of both local and national news, Chichester Herald is a well designed and easy to read publication appealing to a vast range of individuals throughout the city.

With Chichester Herald additionally available for collection from local supermarkets, newsagents, coffee shops and many other retail outlets, there aren't many places your advert won't be seen.

"...with a weekly readership of up to 75,000..."

Chichester HERALD

Find us on twitter @chiherald

YOUR FREE WEEKLY NEWSPAPER

Tel: 01243 200999 Email: advertising@chichesterherald.co.uk Web: www.chichesterherald.co.uk

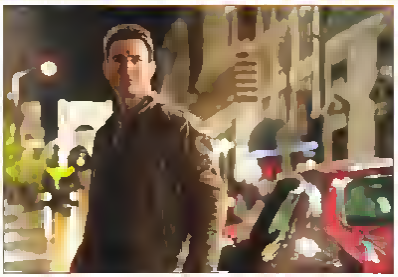
cineworld

Jack Reacher (12A)

THREE out of Five stars

Running time: 130 mins
Director: Christopher McQuarrie
Starring: Tom Cruise, Rosamund Pike, Richard Jenkins, David Oyelowo, Werner Herzog, Robert Duvall, Jai Courtney, Alexie Fast, Joseph Sikora, Josh Helman, Michael Raymond-James, James Martin Kelly

Entertaining thriller that serves up an unusual but effective blend of cheese and violence, heightened by an amusingly growly performance from Tom Cruise and some enjoyable action sequences, though there are some unintentionally laughable moments too.



What's it all about?
Written and directed by The Usual Suspects screenwriter Christopher McQuarrie, Jack Reacher is based on the novels by Lee Child and stars Tom Cruise (not quite the six foot five blue-eyed blonde of the novels, but let's move on) as ex military drifter-slash-investigator Jack Reacher, one of those mysterious types who's always there when you need them, like a one man A Team. When lone gunman James Mark Barr (Joseph Sikora) is accused of killing five innocent people in a sniper attack, he asks his lawyer, Helen Rodin (Rosamund Pike), to get hold of Reacher, despite the fact that Reacher operates off the grid and doesn't even own a change of clothes, let alone a cellphone.

Being a man of mystery, Reacher shows up anyway and begins to suspect Barr has been framed, despite the fact that both Detective Emerson (David Oyelowo) and Helen's DA father (Richard Jenkins) think the case is open-and-shut. However, Reacher's investigations soon bring him up against vicious, fingerless Russian criminal The Zec (Werner Herzog) and his sadistic henchman (Jai Courtney).

The Good
Appearance and height issues aside (which will only really matter to Reacher purists anyway), Cruise is actually pretty good as Reacher, delivering a growlier-than-usual performance that essentially makes him seem like Mission Impossible's Ethan Hunt pursuing a three-day hangover. There's also solid support from Pike, Jenkins and Oyelowo, though the film is basically stolen by Werner Herzog (I spent my first winter as a prisoner in Siberia wearing a dead man's coat, I chewed these fingers off before the frostbite could turn to gangrene), despite the fact that he's only in a small handful of scenes.

On the evidence here, McQuarrie has a knack for injecting moments of humour into violent fight sequences, whether it's Reacher calmly beating up five people or some over-enthusiastic henchmen knocking each other out while trying to attack Reacher in a bathroom. In addition, McQuarrie's script doesn't skimp on actual detective thrills (the dialogue is very similar to the books) and the scenes of Reacher figuring out the case are nicely done.

The Bad
The main problem with the film (apart from there not being enough Herzog) is that it occasionally overdoses the cheese factor and slips into unintentionally laughable territory, most notably during a ridiculously gratuitous shirt-off scene where Cruise's torso is distractingly shiny. Similarly, there's zero chemistry between Pike and Cruise, so it's probably just as well the film ducks out of giving them a love scene.

Worth seeing?
It's never quite clear just how much of Jack Reacher is actually meant to be funny, but this is still an enjoyably cheesy action thriller and there's enough here to warrant the already greenlit sequel.

Sky Diary – January 2013
By Peter Littlejohns

Venus, which has been a brilliant pre-dawn beacon in the east, can still be seen at the start of 2013 but will be lost by the end of the month.

On the 2nd of January it will be at greatest elongation, which is precisely the Earth will be at perihelion, its closest point to the Sun, at 147 million km.

Mars is sinking into the evening twilight, but Jupiter is high in the south and shining brightly in the constellation of Taurus the bull. Good binoculars will show the two main central cloud belts and up to four of its moons.

In the same field of view is the Hyades open star cluster and slightly higher and to the right is the Pleiades, its brightest star being Alcyone. The Pleiades or seven sisters is another open cluster of several hundred young blue and white stars which are still in the process of formation. Count the number you can see with the naked eye first.

Pan down and left to the large constellation of Orion with a star at the top left and 2 at the legs. The centre 3 stars also represent his belt, below which are 3 stars, nebulae for his sword.

Orion is at its best place of transit over the night of the 21st.

The large planet Saturn rises in the south-east around 0630hrs, between Virgo and Libra.

There is no meteor shower on the 3/4th of January which diverges from low in the north-east with a short period peak of up to 80 shooting stars an hour and is associated with Comet 2003EH.

Planetarium Shows and Dates January 2013

Friday 18	7.30pm	The Northern Lights
Sunday 20	3.30pm	When Galaxies Collide
Friday 25	7.30pm	The Stars This Month
Sunday 27	3.30pm	The Stars This Month

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the Tourist Information Centre, South Street, Chichester. Alternatively, please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only on the day.
A map showing our location can be found at: www.southdowns.org.uk

JACK REACHER COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question

Q. NAME THE FILM THAT FLEW TOM CRUISE TO FAME?

A. TOP GUN

B. TOP GEAR

C. TOP DOG

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 8th Jan 2013 at midday. The winner will be notified later on that day.

- Last weeks winner is Amy Parks from Bognor Regis

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL – 0871 200 2000

Chocks away for formation of new aviaition society

FOLLOWING the very successful inaugurel meeting, of the Arun & Chichester (Air) Enthusiasts Society in December 44 persons signed immediately to be members of this new Society, with many more interested showing their potential support via the phone & email. Meeting, but wished to be notified of the future talks

John Farley Bob Frethero & Dick Kharegat – all very well known and prominent ex RAF &

Civilian pilots kindly attended, to support this new venture

David Babcock, one of the founder members was delighted with the initial response "I knew the Region had a lot of aviation enthusiasts, but was delighted by the amount of support. We of course, all know the excellent work undertaken by Tangmere Aviation Museum, the RAFA Shoreham Airshow, Southdown Gliding, Goodwood, Shoreham & Gatwick aerodromes and the Shoreham Air Society. The Air ACES monthly meetings will add even more to the region, which is steeped in aviation history. Indeed, tucked away down the byways of Hampshire and Sussex are many aviation enthusiasts who we are sure would like to meet once a month to share their experiences and listen to some real characters talking about their past."

The first talk will be entitled 'Tangmere and the World Air Speed Record', and will be given by Mr Pete Fitman. This talk will enlighten the attendees, as to the important part that RAF Tangmere played, in helping Neville Duke to break the World Air Speed Record in his Hunter aircraft, along the South Coast.

Future talks, all of which will be held at the Chichester Park Hotel, Westhampnett, (behind Sainsbury's on the Chichester by pass), will be held, on the 4th Monday evening of each month

Ongoing talks already arranged are -

(February) – Being a pilot of, and saving a Victor aircraft, by Mr Bob Prothero

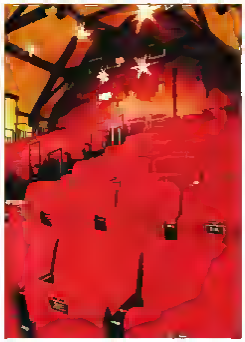
(March) – 'The Horrier Story', by Mr John Farley

(April) – 'Glider racing at the International level', by Air Marshall Philip Sturley CB MBE BSc. CCMI RAF(retd)

(May) – A Life in Bombers, including the mighty Vulcan, by Mr Richard (Dick) Kharegat

(June) – Stories about Concorde, by ex-Senior Concorde Captain, Mr Terence Henderson

For more information on the talks look at the web-site – www.arnaes.co.uk – or telephone 01243 823007 (daytimes please) or just turn up on the 28th January 2013, where you will be welcomed



CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Fri 4 Jan
13.00 I,Anna
15.15 The Life of Pi (PG) 125m
18.00 Seven Psychopaths (15) 110m
20.30 The Life of Pi

Sat 5 Jan
13.00 The Life of Pi
15.30 False Trail (15) 125m
18.00 The Life of Pi
20.45 Seven Psychopaths

Sun 6 Jan
13.00 The Life of Pi
15.15 Babette's Feast (U) 105m (Special Event: Film & Food)
18.00 The Life of Pi
20.45 False Trail

Mon 7 Jan
13.00 Babette's Feast
15.15 The Life of Pi
18.15 I Anna
20.30 The Life of Pi

Tue 8 Jan
13.00 The Life of Pi
15.30 The Life of Pi
18.15 Babette's Feast
20.30 Seven Psychopaths

Wed 9 Jan
12.00 The Life of Pi
14.30 I,Anna
16.15 The Life of Pi

Thu 10 Jan
13.00 The Life of Pi
15.45 I,Anna
18.00 The Life of Pi
20.45 Seven Psychopaths

Tuesdays and Thursdays

Over 50's fun club

CHICHESTER Westgate Leisure
Provided by Chichester District Council
Celebrating 25 years. 1987-2012

Join in the fun and social atmosphere at Westgate's popular club for the over 50's

Come along to exercise and make new friends, many activities to choose from:

Sports hall and squash courts
Activities include Badminton, Bowls*, Short tennis*, Table tennis and Racketball*

Tuesday 20/20/20 class
20 minutes aerobics, 20 minutes step and 20 minutes of toning all rolled into one class to give you the best all over workout

Thursday Aerobics
The class is aerobic based with some conditioning work included

(*these activities take place on a Thursday only)

Gym
Instruction is available on all pieces of equipment (an induction is required beforehand)

Swimming
You can also enjoy a swim as part of this session (Swimming takes place during a public session)

There is a coach available on Thursdays to give tips and hints if required

These sessions are very welcoming so come along and give us a try

For more information contact:
Westgate Leisure Chichester, Via Ravenna, Chichester, West Sussex PO19 1RJ
01243 785651 or visit our website www.westgateleisure.co.uk

SATURDAY'S TV 5.01.13

CHOICE

Richard Hammond

Richard Hammond's Secret Service
BBC1, 6.30pm
Wipeout may be no more, but clearly the Beeb love having Richard Hammond as the face of teatime BBC1. So this week we welcome the Top Gear veteran for a new series which exploits the Candid Camera format. The news about this series broke last May so "Hamster" fans have had a long wait to see the finished product. It sees him being lured by members of the public to play pranks on their family and friends. A team of actors and comedians dubbed his "secret service" will be on hand to ensure those hilarious japes have us clutching our sides

BBC1

6.00 Breakfast **9.00** Saturday Kitchen Live **11.20** Friday Night Dinner (R) **12.00** BBC News Regional News; Weather. **12.15** Football Focus **1.00** Live Athletics: Great Edinburgh Cross Country **2.30** Live Darts: BDO World Championship pt **4.30** Final Score **5.10** BBC News; Regional News; Weather. **5.30** Celebrity Mastermind

5.00 Animal Antics New series Funny clips from the animal kingdom presented by Tim Brooke-Taylor

5.30 Richard Hammond's Secret Service New seven-part hidden-camera show

7.10 Britain's Brightest New series Clare Balding hosts this search to find Britain's most intelligent individual in which 24 people compete in a series of challenges before one is crowned champion

8.25 The National Lottery: In It to Win It New series Dan Walker presents the quiz in which five contestants pit their wits to scoop a big cash prize. Includes the National Lottery draws with Sean Mills.

9.15 Casualty Four student nurses are thrown in at the deep end on their opening day working in the ED when they are called upon to treat casualties who have been injured in a coach crash

10.05 Mrs Brown's Boys Agnes falls under a hypnotist's spell (R)

10.35 BBC News; Weather National Lottery Update.

10.55 Film Pirates of the Caribbean: At World's End (2007) Fantasy adventure sequel with Johnny Depp

1.00 Weatherview **1.35** BBC News.

BBC2

6.50 Film: Sylvia Scarlett (1936) **8.15 Film:** The Little Minister (1934) **11.10** A History of Britain by Simon Schama. (R) **11.10** Meet the Ancestors (R) **11.30** Map Man (R) **12.00** Indian Food Made Easy (R) **12.30** Talking Pictures **1.15** Film: Of Human Bondage (1934) **3.05** EastEnders (R) **4.00** Great British Food Revival **4.30** Live Darts: BDO World Championships. **5.30** The Chart: A Year with the Military Wives (R)

6.30 Flog It! Mark Stacey and Kate Bliss examine collections in St Albans, Hertfordshire, and presenter Paul Martin discovers the origins of his city's name during a visit to the cathedral (R)

7.30 Dad's Army Mainwaring joins a spiritualist circle (R)

8.00 Stanley Baxter: The Many Faces Of A profile of the Glaswegian veteran actor whose TV shows drew huge audiences in the 1970s and 80s. With contributions from Michael Grade, Henry Cooper, Bill Oddie and Graeme Fisher

8.00 QI XL Stephen Fry is joined by comedians Phill Jupitus, Rich Hall and Jimmy Carr along with regular panellist Alan Davies in an extended version of the quiz with a difference (R)

9.45 Film Cemetery Junction (2010) Premiere. A young man in 1970s Reading gambles on what he wants as he starts a new job and is reunited with an old girlfriend. Comedy drama with Christian Cooke

11.15 Earle: BDO World Championships Action from the opening day at the Lakeside Country Club

12.00 Darts Extra **2.00** Close

ITV1

6.00 CITV: Handy Manny **6.25** The Hive. (R) **6.35** The Hive (R) **6.40** Dino Dan. (R) **6.55** Dino Dan (R) **7.05** Fleabag Monkeyface (R) **7.15** Fleabag Monkeyface (R) **7.30** Fleabag Monkeyface (R) **7.40** Matt Hatter Chronicles (R) **8.05** Ultimate Spider-Man **8.30** Victorious (R) **8.55** Jessie **9.25** ITV News **9.30** The Jeremy Kyle Show USA. **10.25** The Jeremy Kyle Show USA. **11.20** Poker Monsters (R) **11.50** ITV News: Weather **12.00** Live FA Cup Football **3.00** Dancing on Ice: Live Tour 2012. (R) **4.00** Regional Programme News; Weather **4.15** ITV News: Weather **4.30** Live FA Cup Football

7.15 Splash! New series Celebrity contestants in which five stars perform a dive in an Olympic sized pool under the tutelage of London 2012 medallist Tom Daley. Vernon Kay and Gabby Logan present.

8.45 Take Me Out. New series. A pilot from Ayesha's Liverpool dash for a London entrepreneur and a surfer from Somerset who try to impress 30 single women. Paddy McGuinness presents

9.45 The Jonathan Ross Show. New series. Jeremy Piven talks about his new drama. Mr Selfridge. David Tennant discusses Hamlet in the Styes of Warsaw and comedienne Sarah Millican is also in the studio

10.45 ITV News: Weather

11.00 FA Cup Football Highlights Matt Smith presents action from the third round matches, which included Burrow at Macclesfield Town v Cardiff City, Sunthampton v Chelsea and Peterborough United v Norwich City

12.30 Thin Store. **2.30** Pushing Daisies (R) **3.15** ITV Nightscreen

CHANNEL 4

6.00 The Treacle People (R) **6.10** The Hoobs. (R) **6.35** The Hoobs (R) **7.00** International Volleyball **8.00** The Morning Line. **8.30** Everybody Loves Raymond (R) **9.00** Everybody Loves Raymond (R) **9.30** Frasier (R) **10.30** Frasier (R) **11.00** Undercover Boss USA (R) **12.00** The Big Bang Theory (R) **12.30** The Big Bang Theory (R) **12.55** The Simpsons (R) **1.30** Channel 4 Racing. **4.00** Come Dine with Me. (R) **5.05** Come Dine with Me. (R) **5.40** Come Dine with Me. (R)

5.10 Channel 4 News

8.00 4thought Members of the public who have made New Year's resolutions and stuck to them talk about their commitment to changing their lives

8.45 Is the Weather Ruling Worse? Investigating the UK's most severe weather events of the past decade with the use of archive footage, expert insight and computer graphics (R)

10.00 Film Life Day After Tomorrow (2004) A climatologist races across America to rescue his son as freak weather conditions cause devastation around the world. Disaster thriller starring Jake Gyllenhaal and Dennis Quaid

10.00 Film Inglourious Basterds (2009) Jewish-American soldiers on a Nazi-killing spree in occupied France air a resistance plot to assassinate Hitler. Tarantino's wartime adventure with Brad Pitt and Christoph Waltz.

1.00 Film Hard Eight. (1996) **2.40** Hollyoaks **4.45** Smallville (R) **5.25** Deal or No Deal. (R)

CHANNEL 5

6.00 Milkshake! **10.00** Power Rangers Super Samurai **10.25** Batman: The Brave and the Bold **11.10** Inside Hollywood **11.15** Celebrity Big Brother (L) **12.15** The Gadget Show (R) **1.15 Film:** Shallow Seas: Science. (2012) **3.00 Film:** The Dam Busters. (1954) **5.30 Film:** Tasmanian Heroin (1999) Drama with Harrison Ford

7.50 5 News Weekend.

7.55 NCIS. Gibbs discovers a link between the murder of a petty officer and the break-up of his team, leaving him and new recruit Ellen Vance to unravel the mystery (R)

8.50 NCIS A lieutenant apparently commits suicide by jumping from an aircraft carrier and Ziva and McGee are dispatched to inform the widow – but arrive to find that she has been murdered (R)

9.45 Celebrity Big Brother High jinks at the famous housemates' past 24 hours under the all-seeing eye of Big Brother as they try to get used to living alongside one another

10.45 Fit Shocking Facts About Diet and Exercise Debunking of weight-loss methods with scientists, industry experts and exponents explaining the pros and cons of fad diets "healthy" foods and extreme exercise regimens.

11.45 Forensic Files A female killer leaves police few clues to work with (R)

12.15 Supercasino **4.00** Mr Mihaela's Wild Challenge (R) **4.25** Great Artists (R) **4.50** Hough Gwan To. (R) **5.05** Hasa's Helpline (R) **5.15** The Milkshake! Show (R) **5.40** Thomas & Friends. (R) **5.50** Rosary the Racing Car (R)

DIGITAL

BBC Three
1.00 Merlin **1.45** Doctor Who **3.35** Top Gear **5.20** Ainsworth Howard's Good News **10.05** Film: The Frost Jun (2005)

BBC Four
1.00 Lost Land of the Tiger **8.00** A History of Art in Three Colours **9.00** Bergen **11.40** The Richest Songs in the World

ITV2
3.35 Film The Mighty Ducks (1992) **5.40 Film:** Palm Pan (2003) **1.50 Film:** Evan Almighty (2007) **3.45** Take Me Out - The Gossip **11.35** Fake Reaction **11.20 Film:** Complex Retreat (2009)

ITV3
3.00 Agatha Christie's Marple **5.00** Lewis **11.00** Doc Martin **1.00** Midsomer Murders **11.00 Film:** Elizabeth: The Golden Age (2007)

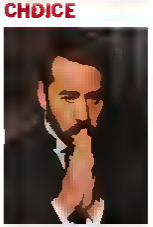
ITV4
3.15 Film: The Way West (1967) **5.45 Film:** The Big Country (1958) **9.00 Film:** Hard Target (1993) Action thriller starring Jean-Claude Van Damme **11.00 Film:** Goodfellas (1990)

E4
2.30 Film: Charlotte's Web (2006) **4.30** How I Met Your Mother **5.30** The Big Bang Theory **7.30** How I Met Your Mother **8.00** Rules of Engagement **9.00 Film:** Role Models (2008) **11.00** The 50 Funniest Moments of 2012

Film4
3.10 Fantastic Mr Fox (2009) **4.55** Hairspray (2007) **7.15** Zoolander (2001) **9.00** Knowing (2009) An astrophysicist decodes a page of numbers revealing the dates of a series of disasters and tries to prevent them happening. Mystery thriller starring Nicolas Cage and Rose Byrne **11.20** The Texas Chainsaw Massacre: The Beginning (2006)

SUNDAY'S TV 6.01.13

CHOICE



Jeremy Piven

Mr Selfridge
ITV1, 9pm
Created by multi-award-winning writer Andrew Davies (he penned famous adaptations of Pride and Prejudice, Bleak House and Little Dorrit) and set in 1909 this new fact-based drama stars Jeremy Piven as Harry Selfridge, a visionary American entrepreneur who, during a trip to London decided that the British shopping experience needed sprucing up. So he invested £400 000 (a whopping amount of cash back then) in creating the Oxford Street department store that now carries his name. But as we see here getting his vision off the ground wasn't always easy

BBC1

8.00 Breakfast **9.00** The Andrew Marr Show **10.00** The Big Questions **11.00** Helicopter Heroes (R) **11.30** Bangla-Nnnil. (R) **12.30** BBC News; Weather **12.40** Countryfile (R) **1.35** Escape to the Country (R) **2.35 Film:** Old Dogs (2009) **4.00** Britain's Favourite Supermarket Foods (R) **5.00** Songs of Praise **5.35** Antiques

5.35 BBC News; Regional News; Weather

6.00 Countryfile Adam Hannon presents a selection of past stories featuring horses and dogs, an male that are integral to rural life and invites some of the most charming breeds on to his farm, including Weather for the Week Ahead

9.00 Antiques Roadshow Fiona Bruce and the stars travel to Stowe House in Buckinghamshire where dome minds a 19th-century print and evidence of one of the earliest Beatles concerts. Red Indian viewers can play along by guessing the valuations

9.00 Ripper Street A teenage orphan is suspected of beating her maker to death, bringing Reid and Drake face to face with a child gang and an brutal master Joseph Galpin (Misfits) guest stars

10.00 BBC News; Regional News; Weather.

10.25 Film: Jesus Almighty (2003) Comedy starring Jim Carrey and Morgan Freeman

12.20 Thin Sky at Night **12.20** Thin Celebrity Apprentice USA. **1.40** Weatherview **1.45** Sign Zone. Miniature Britain (R) **2.45** Hotly Dry (R) **3.45** MasterChef: The Professionals (R) **4.15** You've Been Scammed (R) **4.45** BBC News.

BBC2

6.00 Film: They Flew Alone. (1942) **7.40 Film:** Yellow Canary (1943) **9.15** A to Z of TV Dandelions. **10.00** Saturday Kitchen Best Bites **11.30** EastEnders (R) **12.55** Live Darts: BDO World Championships: 4.45 Chess: (R) **5.30** Flog It! The team visits Darlington and Barham. (R)

6.30 Blackpool: Big Night Out. Documentary telling the Lancashire seaside resort through the eyes of acts who have performed there, and recalling its heyday as a town at the heart of British entertainment (R)

7.30 Fawlty Towers Manuel's pet rat escapes just as a health inspector is about to visit sending Basil on a mad dash to find it before disaster ensues. Last in the series. (R)

8.00 Neil Armstrong – First Man on the Moon. Close family and friends tell the story of the commander of the historic Apollo 11 lunar mission in July 1969 and reveal how he coped with the subsequent fame (R)

9.00 Tackles: Tank Heroes of WWII

10.00 Spread Eagles: The Fastest Place on Earth

11.00 Darts: BDO World Championships Colin Murray presents action from the second day of the Lakeside Country Club in Frimley Green, featuring first round matches

11.50 Darts Extra The BDO World Championships. Extended highlights of the first round matches on the second day at the Lakeside Country Club in Frimley Green, played over the best of five sets

1.50 BBC News.

ITV1

6.00 CITV: Handy Manny **6.25** The Hive. (R) **6.35** The Hive. (R) **6.40** Dino Dan. (R) **6.55** Dino Dan (R) **7.05** Fleabag Monkeyface (R) **7.15** Fleabag Monkeyface (R) **7.30** Fleabag Monkeyface (R) **7.40** Matt Hatter Chronicles (R) **8.05** Rated A for Awesome **8.15** Tiana **8.40** Awesome **8.30** Big Time Rush. **9.00** The Aquabats Super Show **9.25** FA Cup Football Highlights (R) **10.40** Dinner Date (R) **11.45** May the Best House Win (R) **12.45** Strasberry Thyme (R) **1.45** ITV News; Weather. **1.55 Film:** Columbo: Short Fuse. (1972) **3.30** The Fa Cup Draw. **3.45** Midsomer Murders (R) **5.45** Reg and Programme Weather

9.00 ITV News: Weather

9.15 Dancing on Ice: New series Jason Gardiner joins a new look judging panel as the first group of skaters battles to stay in the competition. Phillip Schofield and Christine Bleakley present. The results are at 9.30pm

1.45 All Star Family Fortunes New series. Soap stars Mikey North and Matthew Wolfenden take part.

9.35 Dancing on Ice: The Skate Off New series. The two least popular celebrities have to skate again

5.00 Mr Selfridge. New series. US real Imagineer Harry Gordon Selfridge arrives in London in 1908 planning to open the world's finest department store

10.20 ITV News: Weather

10.45 FA Cup Football Highlights Swansea City v Arsenal and Mansfield Town v Liverpool.

11.45 Royal Rellas (R)

12.00 Thin Store. **2.00** Pushing Daisies (R) **3.25** ITV Nightscreen

CHANNEL 4

6.20 The Treacle People. (R) **6.30** Film: Arctic Tale (2007) **7.55** Wild & Grace (R) **8.25** Frasier (R) **8.55** Frasier (R) **9.30** Sunday Brunch **12.00** The Big Bang Theory (R) **12.30** The Big Bang Theory (R) **1.00** The Big Bang Theory (R) **1.30** The Simpsons (R) **2.00** The Simpsons (R) **2.30 Film:** Clueless. (1995) **4.25** Deal or No Deal. **5.25** Time Team.

5.25 Channel 4 News.

6.55 4thought.tv. Members of the public who have made New Year's resolutions and stuck to them talk about their commitment to changing their lives

7.00 Come Dine with Me. Dinner party challenge for Wrexham. Taking part are financial adviser Joey Perez, keep-fit enthusiast Janki De Sanders, social butterfly Evans and hotel inspector Lisa Groom

8.00 The Hotel Manager Mark tries to appeal to romantic guests and seeks the help of a former MI5 chief hotel inspector who books in undercover and is unimpressed by what he finds.

9.00 Film: The Iron Lady (2011) Premiere. The elderly Margaret Thatcher looks back on her controversial political career as she faces up to the death of her husband. Biopic with Meryl Streep and Jim Broadbent.

11.05 Film: The Wedding Gift (2005) Romantic comedy with Dimitra Mensing and Jack Davenport.

12.40 Film: Venus (2006) **2.15** Jennifer Saunders: Laughing at the 90s. (R) **4.00** Smallville. (R) **4.45** Deal or No Deal (R) **5.00** Selling Mini with Erin Lenard (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig **6.05** Rosary the Racing Car (R) **6.15** Pig and the Flowerpots. (R) **6.25** Bert and Ernie's Great Adventures (L) **6.30** The Mr Men Show (R) **6.40** Olive the Ostrich (R) **6.50** Andy's Wild Fairy School (R) **7.00** Peppa Pig and Daisy (R) **7.10** Bananas in Pyjamas (R) **7.25** Animal Antics (R) **7.35** Make Way for Noddy (R) **7.45** City of Friends (R) **8.00** Little Princess. (R) **8.05** The Adventures of Bottle Top Bill and His Best Friend Corky (R) **8.20** Mio Mio. (R) **8.25** Angelina Ballerina (R) **8.45** Wizard Bear (R)

9.00 Tom and Holly's Little Kingdom (R) **9.15** Tobys Travelling Circus (R) **9.30** Rosary the Racing Car (R) **9.40** Jelly Jamm **10.00** Power Rangers Super Samurai. **10.35** Batman: The Brave and the Bold **11.00** Inside Hollywood (R) **11.05** Celebrity Big Brother (R) **12.15** Secret Lives of Celebrity Children **1.10 Film:** Are We There Yet? (2005) **2.50 Film:** White Fang (1991) **4.50 Film:** Stand By Me (1986)

6.20 5 News Weekend

8.25 Film: XZ (2003) Superhero adventure sequel starring Hugh Jackman, Patricia Stewart, Ian McKellan, Alan Cumming and Halle Berry

9.05 Celebrity Big Brother. The ups and downs of life in the BB house as friendships and alliances are made, battle lines are drawn and arguments erupt.

10.00 Most Shocking Celebrity Moments 2012 Compilation of the year's biggest showbiz stories (R)

12.50 SuperCasino **4.00** House Doctor (R) **4.50** Rough Guide to (R) **5.00** Nana's Helpline (R) **5.15** Tim Mirkshake Show (R) **5.35** Thomas & Friends. (R) **5.50** Rosary the Racing Car (R)

DIGITAL

BBC Three
1.00 Great Movie Mistakes **9.00** Film: Alice in Wonderland (2010) **10.40** Family Guy

BBC Four
1.00 Britain on Film: A Woman's Place **1.00** Britain on Film: Brits at Play **8.00** Timeshift: How to Write a Mills & Boon **10.00** Dons Day: Virgin Territory **10.00** Film: I Am Love (2009) **11.55** Top of the Pops: The Story of 1978

ITV2
3.35 Take Me Out - The Gossip **4.20** Film: King Kong (2005) **8.00** You've Been Framed **11.00** Tim Magpie Weekender **11.00 Film:** I New Prenuptial Yen Chinki (Larry (2007)

ITV3
3.55 Film: Watership Down (1978) **5.50** Minder: She Wrote **8.50** Agatha Christie's Poirot **9.05 Film:** Rain Man (1988) Drama starring Dustin Hoffman and Tom Cruise **11.45** Cracker

ITV4
3.45 Film: The Sea Shall Not Have Them (1955) **5.45 Film:** The Last Sunset (1961) **8.00** Premiership Rugby Union **9.00 Film:** The Gauntlet (1977) **11.15 Film:** Village of the Damned (1995)

E4
3.10 Made in Chelsea: End of Season Party **4.15 Film:** Alvin and the Chipmunks: The Squeakquel (2009) **6.10** Rules of Engagement **7.00** The Big Bang Theory **8.00 Film:** Cheaper By the Dozen 2 (2005) **10.00** The 50 Funniest Moments of 2012

Film4
2.50 The Golden Child (1986) **4.45** The Golden Compass (2007) **6.55** Brewster's Millions (1985) **9.00** Predators (2010) Sci-fi thriller sequel with Adrien Brody **11.10** Thank You for Smoking (2005)

Monday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under 10.00 Homes Under the Hammer. BBC News Weather. 11.00 Rip Off Britain Holidays. 11.45 Cowboy Trap. BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Pinatas. 3.00 Escape to the Country. 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional Road Programmes Weather. 7.00 The One Show. 7.30 Inside Out – BBC News; Regional News. 8.00 EastEnders. 8.30 Rip Off Britain. 9.00 Miranda. 9.30 Mrs Brown's Boys. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Have I Got Old News for You. 11.05 Room 101 – Extra Storage. 11.45 The Graham Norton Show. (R) 12.35 The Celebrity Apprentice USA. 2.00 Weatherview. 2.05 Sign Zone. Samanthom on Knowledge. Nine Symphonies That Changed the World. (R) 3.35 MasterChef: The Professionals. (R) 4.35 BBC News

BBC2 6.00 Close. 6.30 Homes Under the Hammer. (R) 7.35 Saints and Sinners. (R) 8.20 Cowboy Trap. (R) 8.50 Film: Saving Time. (1936) 10.30 Film: The Story of Vernon and Irene Castle. (1939) 12.00 Daily Politics. 1.00 Darts: BDO World Championships. 4.15 Rivers with Griff Rhys Jones. (R) 5.15 Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Her Hunters. (R) 8.00 University Challenge. 8.30 The Battle for Britain: The Polar Bear Family and Me. 10.30 Newsnight Weather. 11.20 Darts: BDO World Championships. 12.10 American Football: NFL Play-offs. 1.10 Darts Extra. 2.10 BBC News. 4.00 BBC Learning Zone

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 Th's Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News. Weather. 2.00 Storage Hunters. 3.00 Dickinsons Real Deal. 3.59 Regional Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Cornwall with Caroline Quentin. 9.30 Coronation Street. 9.00 Love, Lies and Murder. 10.00 ITV News at Ten. Weather. 10.30 Regional News; Weather. 10.35 The World in Action Years. 12.00 Mens. (R) 1.00 Jackpot247. 3.00 Bear Necessities. (R) 3.30 The Jeremy Kyle Show. (R) 4.45 ITV Nightscreen.

Channel 4 6.05 Sali Mali. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss Australia. (R) 11.00 A Place in the Sun: Winter Sun. (R) 12.00 Channel 4 News Midday Summary. 12.05 Jamie's 15 Minute Meals. (R) 12.35 Film: Tetsuk. (1987) 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 Secrets of Your Car Insurance: Channel 4 Dispatches. 9.00 The Heroes Hereafter. 9.00 Embarrassing Fat Brides. 10.00 What Happens in Kevin. 11.00 One Born Every Minute. 12.10 Random Acts. 12.15 Secrets of a Good Marriage with Sharon Horgan. (R) 1.10 How to Be a Good Mother with Sharon Horgan. (R) 2.05 The Promise. (R) 3.30 Supersize vs Superskinny. (R) 4.25 Supernanny. US. 5.05 Deal or No Deal. (R)

Channel 5 8.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Trisha. 12.00 5 News Lunchtime. 12.20 Looney Tunes. (R) 12.15 Celebrity Big Brother. (R) 1.15 Home and Away. (R) 1.45 Reza Spice Prince of India. (R) 2.15 CSI: Miami. (R) 3.10 Film: The Perfect Teacher. (2010) Thriller starring Megan Park. 5.00 5 News at 5. 5.30 Andy Bates Street Fests. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 World's Craziest Police Pursuits 5. (R) 8 News Update. 8.00 The All New Gadget Show. 9 News at 9. 9.00 Celebrity Big Brother. 10.00 Shane Lynch Dyslexic. My Secret Past. 11.00 Celebrity Big Brother's Bit on the Side. 12.00 Celebrity Wedding Planner. (R) 1.00 SuperCasino. 3.55 House Doctor. (R) 4.20 Divine Designs. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. 10.00 Homes Under the Hammer. (R) BBC News Weather. 11.00 Rip Off Britain Holidays. 11.45 Cowboy Trap. BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Pinatas. 3.00 Escape to the Country. 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News; Regional News. 8.00 Holby City. 9.00 Death in Paradise. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 Pontypandy Mer. 11.25 Film. The Rebound. (2009) Premiere. Romantic comedy with Catherine Zeta-Jones and Justin Bartha. 12.50 Weatherview. 1.00 Sign Zone. Dara O Briain's Science Club. (R) 2.00 MasterChef: The Professionals. (R) 3.00 You've Been Scammed. (R) 4.00 BBC News.

BBC2 6.00 Close. 8.40 Homes Under the Hammer. (R) 7.40 Rip Off Britain Holidays. (R) 8.25 Cowboy Trap. (R) 8.55 Film: The Sky's the Limit. (1943) Musical romantic comedy starring Fred Astaire and Joan Leslie. 10.20 Film: Top Hat. (1935) Musical starring Fred Astaire and Ginger Rogers. 12.00 Daily Politics. 1.00 Darts: BDO World Championships. 4.15 Rivers with Griff Rhys Jones. (R) 5.15 Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Her Hunters. (R) 8.00 Eggheads. 8.30 Great British Railway Journeys. 9.00 Stargazing Live. Back to Earth. 9.30 The Polar Bear Family and Me. 10.30 Newsnight. Weather. 11.20 Darts. BDO World Championships. 12.10 Darts Extra. 2.10 BBC News. 4.00 BSC Learning Zone

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Storage Hunters. 3.00 Dickinson's Real Deal. 3.59 Regional Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 River Monsters. 8.30 What Not to Do: a Millionaire. 9.00 All You Can Eat. 10.00 ITV News at Ten. Weather. 10.30 Regional News Weather. 10.35 The World in Action Years. 12.00 Mens. (R) 1.00 Jackpot247. 3.00 Bear Necessities. (R) 3.30 The Jeremy Kyle Show. (R) 4.45 ITV Nightscreen.

Channel 4 6.05 Sali Mali. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss Australia. (R) 11.00 A Place in the Sun: Winter Sun. (R) 12.00 Channel 4 News Midday Summary. 12.05 James's 15 Minute Meals. (R) 12.35 Kirstie's Handmand Treasures. 12.55 Film: Dragonheart: Vengeance. (2007) 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. 5.00 Four In a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 Secrets of Your Car Insurance: Channel 4 Dispatches. 8.30 The Heroes Hereafter. 9.00 Embarrassing Fat Brides. 10.00 What Happens in Kevin. 11.00 One Born Every Minute. 12.10 Random Acts. 12.15 Secrets of a Good Marriage with Sharon Horgan. (R) 1.10 How to Be a Good Mother with Sharon Horgan. (R) 2.05 The Promise. (R) 3.30 Supersize vs Superskinny. (R) 4.25 Supernanny. US. 5.05 Deal or No Deal. (R)

Channel 5 8.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Trisha. 12.00 5 News Lunchtime. 12.20 Looney Tunes. (R) 12.15 Celebrity Big Brother. (R) 1.15 Home and Away. (R) 1.45 Reza Spice Prince of India. (R) 2.15 CSI: Miami. (R) 3.10 Film: Little Girl Lost: The Delimar Vera Story. (2004) Drama, starring Judy Reyes. 5.00 5 News at 5. 5.30 Andy Bates Street Fests. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Red Planet Northern Candyhonk. (R) 5 News Update. 8.00 Tenbrum Eff. 9 News at 9. 9.00 Body of Proof. 10.00 Celebrity Big Brother. 11.00 Celebrity Big Brother's Bit on the Side. 12.00 Shane Lynch Dyslexic. My Secret Past. (R) 1.00 SuperCasino. 3.55 House Doctor. (R) 4.20 Divine Designs. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. 10.00 Homes Under the Hammer. BBC News Weather. 11.00 Rip Off Britain Holidays. 11.45 Cowboy Trap. BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Pinatas. 3.00 Escape to the Country. 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. BBC News Regional News. 8.00 The Food Inspectors. 9.00 Africa. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 A Question of Sport. 11.05 The League Cup Show. 11.50 Film. 2013. 12.20 Film: Borderline Murder. (2011) Premiere. Thriller starring Brooke Burns. 1.45 Weatherview. 1.50 Sign Zone. Inside Grandpa's. (R) 2.50 MasterChef: The Professionals. (R) 3.50 You've Been Scammed. (R) 4.30 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 6.55 Rip Off Britain. Holidays. (R) 7.40 Cowboy Trap. (R) 8.10 Film: Lucky Partners. (1940) Comedy starring Ginger Rogers and Ronald Colman. 9.45 Film: Kitty Foyle. (1940) Romantic drama with Ginger Rogers. 11.30 Daily Politics. 1.00 Darts: BDO World Championships. 4.15 Rivers with Griff Rhys Jones. (R) 5.15 Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Her Hunters. (R) 8.00 Stargazing Live. Back to Earth. 8.30 The Polar Bear Family and Me. 9.30 Newsnight. Weather. 11.20 Darts. BDO World Championships. 12.10 Darts Extra. 2.10 BBC News. 4.00 BSC Learning Zone

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 Th's Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Storage Hunters. 3.00 Dickinson's Real Deal. 3.59 Regional Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Midsomer Murders. 10.00 ITV News at Ten. Weather. 10.30 Regional News Weather. 10.35 Weight Loss Wars. (R) 11.35 Salon Vet School. (R) 12.05 Jackpot247. 3.00 Film: King Kong. (1976) 5.15 ITV Nightscreen.

Channel 4 6.10 The Heroes. (R) 6.35 The Hoobs. (R) 7.00 Will & Grace. (R) 7.25 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss Australia. (R) 11.00 A Place in the Sun: Winter Sun. (R) 12.00 Channel 4 News Midday Summary. 12.05 Jamie's 15 Minute Meals. (R) 12.35 Kirstie's Handmade Treasures. 12.48 Film: Murders on 34th Street. (1947) Christmas drama starring Edmund Gwenn. 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 Secrets of Your Car Insurance: Channel 4 Dispatches. 9.00 One Born Every Minute. 10.00 On the Verge of a Middle Class with Sharon Horgan. 11.00 Embarrassing Fat Brides. (R) 12.10 Random Acts. 12.15 Murder, Mystery and Mum. 1.10 Dont Blame Facebook. 11.45 Random Acts. 11.10 What Happens in Kevin. (R) 12.15 European Poker Tour. 1.15 KOTV Bowls. (R) 1.40 International Volleyball. (R) 2.35 Film: Offside. (2006) 4.10 Smallville. (R) 4.50 Deal or No Deal. (R) 5.45 Baking Mad with Eric Lanlard. (R) 5.45 Bake up Mad with Eric Lanlard. (R)

Channel 5 8.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Trisha. 12.00 5 News Lunchtime. 12.20 Looney Tunes. (R) 12.15 Celebrity Big Brother. (R) 1.15 Home and Away. (R) 1.45 Reza Spice Prince of India. (R) 2.15 CSI: Miami. (R) 3.10 Film: Little Girl Lost: The Delimar Vera Story. (2004) Drama, starring Judy Reyes. 5.00 5 News at 5. 5.30 Andy Bates Street Fests. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Red Planet Northern Candyhonk. (R) 5 News at 8. 8.00 Celebrity Big Brother's Live Eviction. 10.30 Celebrity Big Brother's Bit on the Side. 11.00 Film: When a Stranger Calls. (2006) Premiere. Horror starring Camilla Belle. 1.15 SuperCasino. 3.55 House Doctor. (R) 4.20 Divine Designs. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. 10.00 Homes Under the Hammer. (R) BBC News Weather. 11.00 Rip Off Britain Holidays. 11.45 Cowboy Trap. BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Pinatas. 3.00 Escape to the Country. 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News; Regional News. 8.00 Waterloo Road. 9.00 Silent Witness. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Question Time. 11.35 The Week. 12.20 Skiing Weatherview. 12.25 Sign Zone. DIY SOS. The Big Build. (R) 1.25 Countryfile. (R) 2.20 Antiques Roadshow. (R) 3.25 You've Been Scammed. (R) 3.55 BBC News.

BBC2 6.00 Close. 8.35 Homes Under the Hammer. (R) 7.30 Rip Off Britain Holidays. (R) 8.20 Cowboy Trap. (R) 8.50 Film: Vivacious Lady. (1938) Romantic comedy with Ginger Rogers and James Stewart. 10.20 Film: Magic Town. (1947) Satirical comedy with James Stewart and Jane Wyman. 12.00 Daily Politics. 1.00 Darts: BDO World Championships. 4.15 Rivers with Griff Rhys Jones. (R) 5.15 Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Hair Hunters. (R) 8.00 Stargazing Live. Back to Earth. 8.30 The Polar Bear Family and Me. 10.30 Newsnight. Weather. 11.20 Darts. BDO World Championships. 12.10 Darts Extra. 2.10 BBC News. 4.00 BSC Learning Zone

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Storage Hunters. 3.00 Dickinsons Real Deal. 3.59 Regional Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Midsomer Murders. 10.00 ITV Read all Ten. Weather. 10.30 Regional News Weather. 10.35 Weight Loss Wars. (R) 11.35 Salon Vet School. (R) 12.05 Jackpot247. 3.00 Film: King Kong. (1976) 5.15 ITV Nightscreen.

Channel 4 6.10 The Heroes. (R) 6.35 The Hoobs. (R) 7.00 Will & Grace. (R) 7.25 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss Australia. (R) 11.00 A Place in the Sun: Winter Sun. (R) 12.00 Channel 4 News Midday Summary. 12.05 Jamie's 15 Minute Meals. (R) 12.35 Kirstie's Handmade Treasures. 12.40 Film: I Was Monty's Double. (1958) 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 First Time Farmers. 9.00 Kids and Cancer. 10.00 Rude Tube: Summary. 11.00 Undateables. (R) 12.45 Millionaire Boy Racers. (R) 1.40 The Horse Hereafter. (R) 2.05 Secrets of Your Car. Insurance: Channel 4 Dispatches. (R) 2.35 Time Team. (R) 3.30 The Churchills. (R) 4.00 Deal or No Deal. (R) 5.20 Countdown. (R)

Channel 5 8.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Trisha. 12.00 5 News Lunchtime. 12.20 Looney Tunes. (R) 12.15 Celebrity Big Brother. (R) 1.15 Home and Away. (R) 1.45 Reza Spice Prince of India. (R) 2.15 CSI: Miami. (R) 3.10 Film: Little Girl Lost: The Delimar Vera Story. (2004) Drama, starring Judy Reyes. 5.00 5 News at 5. 5.30 Andy Bates Street Fests. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Red Planet Northern Candyhonk. (R) 5 News at 8. 8.00 Celebrity Big Brother's Live Eviction. 10.30 Celebrity Big Brother's Bit on the Side. 11.00 Film: When a Stranger Calls. (2006) Premiere. Horror starring Camilla Belle. 1.15 SuperCasino. 3.55 House Doctor. (R) 4.20 Divine Designs. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under. 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Rip Off Britain Holidays. 11.45 Cowboy Trap. BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Pinatas. 3.00 Escape to the Country. 3.45 Perfection. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 A Question of Sport. (R) BBC News; Regional News. 8.00 EastEnders. 8.30 Room 101. 9.30 Silent Witness. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Question Time. 11.35 The Week. 12.20 Skiing Weatherview. 12.25 Sign Zone. DIY SOS. The Big Build. (R) 1.25 Countryfile. (R) 2.20 Antiques Roadshow. (R) 3.25 You've Been Scammed. (R) 3.55 BBC News.

BBC2 6.00 Close. 6.35 Homes Under the Hammer. (R) 7.35 Rip Off Britain. Holidays. (R) 8.20 Cowboy Trap. (R) 8.50 Film: Bachmann Turner Overdrive. (1948) 10.20 Film: Somebody Loves Me. (1952) Biographical musical with Betty Hutton. 12.00 Daily Politics. 1.00 Darts: BDO World Championships. 4.15 Rivers with Griff Rhys Jones. (R) 5.15 Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Great British Railway Journeys. 7.00 Her Hunters. (R) 8.00 Mastermind. 8.30 Life in a Cottage Garden with Carol Klein. 9.00 Italy Unpacked. 10.00 Newsnight. Weather. 11.00 The Review Show. 11.45 Weather. 11.50 Darts: BDO World Championships. 12.05 Darts Extra. 2.40 BBC News.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Storage Hunters. 3.00 Dickinsons Real Deal. 3.59 Regional Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Generation Rent. Tonight. 8.00 Emmerdale. 8.30 Nursing the Nation. 9.00 Trouble Abroad. 10.00 ITV News at Ten. Weather. 10.30 Regional News Weather. 10.35 The Jonathan Ross Show. (R) 11.45 The Golden Rules of TV. (R) 12.10 Jackpot247. 3.00 Generation Rent. Tonight. (R) 3.25 The Jeremy Kyle Show. (R) 4.20 ITV Nightscreen.

Channel 4 6.10 The Heroes. (R) 6.35 The Hoobs. (R) 7.00 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss Australia. (R) 11.00 A Place in the Sun: Winter Sun. (R) 12.00 Channel 4 News Midday Summary. 12.05 James's 15 Minute Meals. (R) 12.35 Kirstie's Handmade Treasures. 12.40 Film: I Was Monty's Double. (1958) 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 First Time Farmers. 9.00 Kids and Cancer. 10.00 Rude Tube: Summary. 11.00 Undateables. (R) 12.45 Millionaire Boy Racers. (R) 1.40 The Horse Hereafter. (R) 2.05 Secrets of Your Car. Insurance: Channel 4 Dispatches. (R) 2.35 Time Team. (R) 3.30 The Churchills. (R) 4.00 Deal or No Deal. (R) 5.20 Countdown. (R)

Channel 5 8.00 Milkshake! 9.15 The Wright Stuff. 11.10 All-New Trisha. 12.00 5 News Lunchtime. 12.20 Looney Tunes. (R) 12.15 Celebrity Big Brother. (R) 1.15 Home and Away. 1.45 Reza Spice Prince of India. (R) 2.15 CSI: Miami. (R) 3.15 Film: Little Girl Lost: The Delimar Vera Story. (2004) Drama, starring Judy Reyes. 5.00 5 News at 5. 5.30 Andy Bates Street Fests. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 The World's Biggest Bomb Revealed. (R) 5 News Update. 8.00 Ice Road Truckers. 5 News at 9. 9.00 Celebrity Big Brother Live Eviction. 10.00 Celebrity Wedding Planner. 11.00 Celebrity Big Brother's Bit on the Side. 12.00 SuperCasino. 3.55 Mi-ranged Mumbai. 4.20 Divine Designs. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

This week's crossword - Clues

Across

4 Lassitude (7)
5 Scanty (8)
9 Modify (7)
10 Small (6)
11 Concur (6)
12 Renegade (8)
18 Vex (8)
20 Renowned (6)
21 Frightened (6)
22 Scorn (7)
23 Jail (6)
24 Deportment (7)

Down

1 Rival (7)
2 Control (7)
3 Gambol (6)
5 Flatterer (8)
6 Overshoe (6)
7 Insult (6)
13 Neglect (8)
14 Feeling of sickness (7)
15 Principal (7)
16 Ill-will (6)
17 Marvel (6)
19 Tell (6)

Last week's solution

ACROSS 1 COUNTENANCE 9 OFF 10 ELEVATION 11 CATTY 13 PLODDER 14 REAPER 16 BEHIND 18 ASEPTIC 19 SPELL 20 CALCULATE 21 AFT 22 BRITTLENESS
DOWN 2 OAF 3 NEEDY 4 EXEMPT 5 A LA MODE 6 CHILDLIKE 7 CONCORDANCE 8 INCREDULITY, 12 TRAVELLER 15 ENTRUST 17 SCRAWL 19 SHEEN 21 ASS

Food & Drink

FOLLOW US ON TWITTER
@chiherald

Desperate shopper parks in trolly bay at Asda

SHOPPERS and staff at the Asda store in Nuneaton got a surprise on Sunday, December 23rd, when they found a car parked in a trolley bay.

The picture has become something of an internet sensation on social networking site Twitter – being tweeted and retweeted hundreds of times.

The picture generated comments including: "Some inventive parking at Asda Nuneaton yesterday! The lengths we go to for a turkey!"

Asda doesn't condone parking in trolley bays – and the driver of this car was lucky his pride and joy wasn't damaged by a trolley – but the Nuneaton general store manager showed a bit of seasonal spirit and let the driver off with a reprimand after he explained himself.

New Year's resolution – Get out of the rut – Try something new

NEW YEAR is a time for fresh starts. Every year we plan to give up our pleasures, but those good intentions seldom last. So this year, a different approach: let's get out of that rut and try as many new things as possible – at the very least it will be an interesting year!

We are lucky to work with a top chef who has a whole repertoire of dishes at his fingertips, many of which we have never tried before. One of the best ways to come up with something special is to start with a familiar dish and then tweak one or two ingredients to create something brand new. Here are some examples from our menu that show what I mean.

Smoked Haddock Fishcakes with Poached Eggs, Spinach and Curried Hollandaise:

Supercharge the humble fishcake with tasty smoked haddock (locally sourced from Robins the Fish at Jordens of Rose Green), use Japanese panko breadcrumbs (available at the supermarket) for incredible crispiness and add a touch of mild curry powder to the hollandaise sauce and you have something very special indeed. Two classics in one – fishcakes meet benedict.

Homemade Venison Burger on Focaccia with Beetroot Relish and Onion Rings:

A burger is a nice thing to eat, but choose a different meat and this old favourite gets a new lease on life. We prefer venison because it has much more flavour than beef. (As a bonus it is also a low fat healthier alternative.) And here's a tip: rather than frying, we bake the burgers medium rare to keep them moist and succulent.

Onion Tarte Tatin with Goats Cheese, Beetroot and Green Beans (v):

Tarte Tatin is a delicious French dessert of caramelised apples and pastry cooked upside down. A gorgeous thing to eat! So if it's that good, why not use it as a savoury dish? Tiny silverskin onions are marinated in a pan, precisely placed into a baking tin and then covered in pastry and baked. Soft sweet golden onions and crisp pastry is an unusual and beautiful combination.

Wishing you a Happy and Interesting New Year from all of us at Amelie and Friends.

AMELIE AND FRIENDS
31 North Street, Chichester, West Sussex PO19 1LY
t. 01243 771444
www.ameliеandfriends.com
e. info@ameliеandfriends.com
Open Mon to Weds 10am - 5pm
Thurs to Sat 10am - 11pm
Sunday 10am - 4pm

Rising sales of Prosecco bucking the fizz trend this festive season

WITH the credit crunch taking the fizz out of the UK's champagne and sparkling wine market Italy's best kept secret, Prosecco, is emerging as the clear winner over the festive season.

Despite the general downturn in sales of fizz across all retailers this year sparkling wine Prosecco has been bucking the trend and looks set to capture its largest ever slice of the lucrative festive season market.

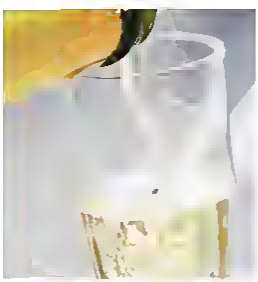
Prosecco has proved to be the star of the fizz category at Tesco in 2012 with sales already double what they were last year but with the biggest expected concentrated sales of the year still to come in the run up to the New Year.

Tesco wine category manager Alain Guilpain said: "What makes the rising demand for Prosecco even more startling is that until about five years ago it was generally only known by connoisseurs.

"But it has grown by word of mouth and has become our fastest growing fizz this year, not only riding the credit crunch storm but emerging as a true winner because of its great quality and keen price point.

"Judging by strong sales and record orders in the last few weeks it looks very much as if a record number of Brits will be drinking Prosecco over the festive season."

The wine gets its name from the Glera or Prosecco white grape variety which is grown mainly in the Conegliano and Valdobbiadene wine growing regions of north east Italy.



It is a fresh and lively wine with crisp, fruit-driven character, often compared to apples and dessert pears with a clean, refreshing finish.

Prosecco's claim to fame is that it was the original wine used in both the Bellini (sparkling wine and peach puree) and Spritz cocktails (sparkling wine and orange liqueur).

The best seller at Tesco is the supermarket's own label Finest Bisol Prosecco di Valdobbiadene which sells for £9.99 (reduced to £8.49 until 1st January).

Added Tesco's Alain Guilpain: "Prosecco is well established as a popular alternative to champagne in Europe – but now it looks as if it will also become a household name over here."

A curry can help you lose weight and stay healthy

THOSE people looking to detox and maybe shed a few pounds in January following the excesses of the festive season, are being warned not to leave curry off their diet in the New Year.

Spicy foods are known to stimulate the metabolism, boost the immune system and boost the spirits on cold, damp dark winter days. Popular curry recipes contain turmeric, cumin, allspice, cardamom, ginger, garlic and capsicum – spices with strong anti bacterial properties.

Kowsar Ali, the owner of Simply Indian in Wadhurst in East Sussex and several other Bangladeshi restaurants across the south of England, says that contrary to popular belief, Indian food is not fattening. "When do you ever see an overweight Indian waiter, or even a rotund Indian chef?" he asked, with the proviso, "Some of the richer dishes laden with cream and butter should be avoided if you want to lose weight – and go easy on the lager."

Apart from promoting weight loss, the spices used in Indian cookery offer a whole host of health benefits. Natural herbs and spices were used for their health giving qualities for thousands of years before the invention of modern medicine. Many of the synthetic chemicals used in prescription and over-the-counter drugs, are derived from the active ingredients originally found in popular culinary flavourings.

Tasty Indian vegetable and pulse recipes are particularly recommended to enliven a calorie restricted diet.

Studies have found that garlic, cinnamon and cumin can destroy up to 80 per cent of meat-borne bacteria, while ginger can slow bacterial growth by 25 per cent. This is why they are found in dishes from hot countries, where meat needs to be preserved.

Kowsar's business partner Jamal Rahman is also a firm believer in the health giving benefits of the food his restaurants serve, "When I feel a cold coming on, my body instinctively craves spicy dishes like Jalfrazi, Dopiaza and Madras," he said.

Chilli raises the metabolic rate, improves the respiratory systems and stimulates the immune response – mimicking the affect of caffeine contained in many cold relief treatments. Garlic well known for its antibacterial effects, and helps fight disease. Turmeric relieves congestion in much the same way hay fever treatments work by reducing inflammation of blood vessels in the sinuses. Ginger eases nausea and stimulates the lymph glands that fight infection.

For more information, visit simplyindian12.com.

The Fountain
Traditional Pub - Home cooked food

2 for 1
on main courses

Monday - Friday only
Not in conjunction with any other offer
Valid until January 31st 2013

29 Southgate, Chichester
Reservations: 01243 781352
www.fountainchichester.co.uk

The Vestry
www.the-vestry.co.uk

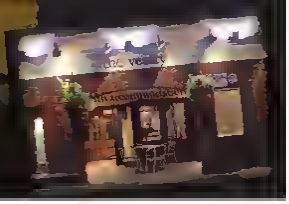
BUY ONE GET ONE FREE
ON MAIN COURSES!

Reservations: 01243 773358
Sunday 12pm - 4pm

The Vestry,
21-23 Southgate,
Chichester

01243 773358
info@the-vestry.co.uk

Please show voucher on arrival
Valid until 31st January
Not in conjunction with
any other offer



Hit the ground running for 2013!

Denise Kelly

I AM GLAD to tell you that the world did not end on the 21st of December in case you didn't notice! Some of those who had predicted the apocalypse are now backtracking with explanations telling us that it was never intended to be the end of the world, just the end of an era and this is the start of a New Age!

The only down side of the world continuing is that many people had not bothered to make any New Year's resolutions! It is, however, one of my favourite things to do! I love planning and toying with new ideas for goals whether it is personal, family, health, work/finances etc. I always feel a surge of energy this time of year, a fresh start, a new beginning, a time to reflect and definitely a time to make sure last years mistakes will never be repeated. Life is too short and too precious to waste on people that drain and exhaust you. Make way and allow all the positive people into your life. Seriously, 2013 is the year to literally get rid of all old baggage. Get yourself on a mission to improve your life the best way you can. Learn more about health because if you neglect it you are stuffed! I cannot emphasize enough the importance of emotional health too. I think you can support your body with amazing nourishing foods as much as possible, but if you are not happy...your body can not function to its best.

Imagine the beauty of each year starting from scratch and it would be up to you to make choices that would determine exactly how you end up on Dec. 31st 2013.

For instance, would you wake up on New Year's Day and be the perfect weight for your height? Your blood would be pumping through clear arteries and your joints would be lubricated and fluid. You could decide if you were going to have a bowl of granola with peach slices and go for a healthy walk, or fill the frying pan with grease and watch TV all day.

All debts would be wiped clear under this new plan. Everyone would start off with a positive balance in their accounts and as we went along, the financial decisions made would either build accounts or weigh us down. How quickly would we learn from last year's mistakes?

We would start fresh with families and friends. Anything we had said or done in the past year would be forgiven and we would not carry over resentments or anger from 20 years ago!

So why not start the New Year how you mean to go on and make 2013 the year that really counts. Stop just talking about all those things you want to do or the way you want to behave. Make a difference, make a plan, get focused and work out exactly what's important to you. Don't waste time or settle for second best. Life is for thriving!!

Denise Kelly is a BANT (British Association of Nutritional Therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040
www.denisekelly.co.uk

Is your new year's resolution to get fit for 2013?

- Fully equipped gym
- Wellbeing Advisors
- Personal training zone
- Physiotherapy
- Over 50 fitness classes
- ASA swimming lessons
- Sauna, steam & spa
- Beauty Rooms
- Café & bar

AT NUFFIELD HEALTH CLUB Chichester, we're confident you can find a workout that you'll love to make time for.

Whether you are a mum looking to get fitter, working professional we offer the flexibility and support to help you achieve your Health & Fitness goals. We have over 50 weekly classes to enjoy in our two fully air conditioned studios. Choose from early bird classes to kick start your day before work to classes offering the latest fitness trends. There's also a fully equipped spacious gym with free weights and cardio room. Relax and unwind after your workout in our 20 metre heated pool with sauna & steam room.

All our memberships include our Health MOT assessments and gym programs with free follow up review to keep you motivated. On top of all of this we have reward you for getting healthier & fitter with a rewards package worth over £100!*

Still not convinced?

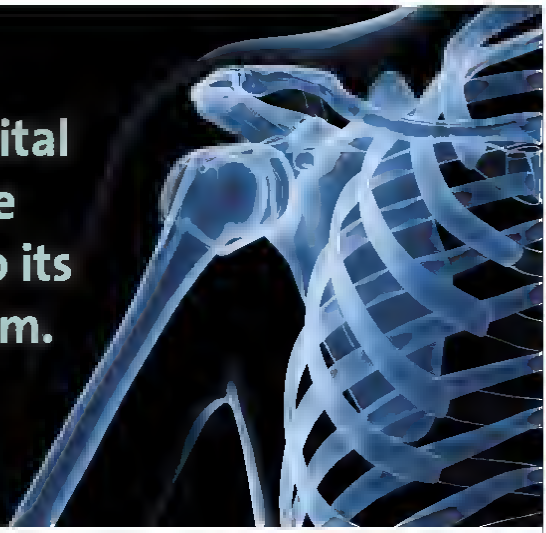
Try out our one free day pass to the club and get full access to classes, gym and pool. Simply visit www.nuffieldhealth.com/chichester or call the club on 01243 788678. Book your friend in for free as a plus one by mentioning this advert!

Come and see why Nuffield Health are more than just a gym!

**Offer ends 31st January 2013. Pass must be pre-booked with centre. 16 years and over only. Paid for services not included. Details available online for Get Healthy, Get Fit, Get Rewarded scheme online. Nuffield Health Fitness & Wellbeing Chichester, Chichester Gate, Chichester, PO19 8EL. 01243 788678*

Nuffield Health
fitness & wellbeing

Spire Portsmouth Hospital is delighted to welcome two new consultants to its expert orthopaedic team.



The new additions to Spire Portsmouth's acclaimed team are Orthopaedic Surgeons Mr Simon Cavanagh and Mr Lee Taylor.

Mr Cavanagh specialises in upper limb and shoulder surgery, including sports injuries and keyhole surgery.

He has worked in major orthopaedic hospitals in this country and abroad and has developed extensive skills in keyhole surgery for use in the shoulder.

Many of the conditions he manages are sports related injuries. Previous patients include test cricketers and rugby internationals.

Mr Taylor specialises in hip and knee surgery, including replacement joints, reconstruction and keyhole surgery.

A consultant for 25 years, he has extensive clinical and research experience in lower limb joint replacement and a special interest in sports injuries to the knee.

At Spire Portsmouth Hospital we are proud of our zero infection record, maintained through scrupulous cleanliness and good medical practice.

We understand that damaging a joint, bone or suffering a soft tissue injury can be distressing – that's why Spire Portsmouth Hospital can offer same day diagnosis and treatment plan with no lengthy waiting times.

Spire Portsmouth Hospital enjoys a peaceful, countryside location yet is only a 10 minute drive from Chichester via the A27 or the A3M.

Spire
Portsmouth Hospital

For more information or to arrange an appointment with one of our specialists, call

023 9245 6172

or email info@spireportsmouth.com
www.spireportsmouth.com

Bartons Road, Havant, PO9 5NP

Fashion

GOT ANY FASHION TIPS?
@chiherald

Downton's Dan tops 'best-dressed' list

DOWNTON ABBEY star Dan Stevens has been named best-dressed man in GQ magazine's annual list - which also sees Prince Charles flying high in the top 10, well ahead of eldest son William.

Dan Stevens, best known as aristocratic Matthew Crawley, won out over Twilight heartthrob Robert Pattinson (no 7), suave Bond star Daniel Craig (no 25) and footballer fashionista David Beckham (no 36).

Singer/song-writer Ed Sheeran was named worst-dressed man, followed by Labour MP Jon Cruddas and reality star Alex Reid.

Olympics and Tour de France tour de force Sir Bradley Wiggins is among the new entries in the best-dressed list, featuring at number 30.

After Dan Stevens' the top five is rounded out by actor Tom Hiddleston, who counts War Horse among his acting credits, rapper Tinie Tempah, Radio 1 Breakfast Show host Nick Grimshaw and X Factor presenter Dermot O'Leary.

The Best-Dressed Men List is in the February issue of GQ, available from Thursday.

Winter Sale Shopping

SHOPPING in the sales is a clever way to upgrade your wardrobe, especially when shops are making some great offers. That said, savvy sale shopping is not always about spending less and scooping bits up because they're cheaper, it's about making your money go further and buying quality pieces that will last.

Budget before you leave the house. Bargain hunting is exciting and you're likely to get caught up in a whirlwind of distractions, indecisions and justifications. Give yourself a maximum spend amount, stick to it and you're less likely to come home with pieces you won't wear.

Know what you're after. Don't walk in and be overwhelmed. If you need a coat, chance is there'll be a great one somewhere with a hefty discount. If you've been lusting after a pair of boots now is the time to snap them up. Look for items in classic, comfortable and wearable styles, made with durable and quality material such as leather, cotton and cashmere.

Bags, jewellery and accessories will be sold first as they are one-sized and everyday pieces. If you're after a handbag, get in there quick. Don't let the fact it's reduced cloud your judgement; check stitching, handles and zips. It should be just as great quality as when it was full-price.

Be aware that specific colours and key season items (sequinned harem trousers anyone?!) move on and you may not want to wear them next year.

As well as being a good time to get that piece you've been coveting, it's also a great opportunity to get your basics. Grab neutral colours that you'll wear over and over, lean towards cotton if possible as they'll keep you warm in winter and cool in summer.

Most importantly, have fun! Sales are a great day out with the ladies, especially when you spend hard-earned cash on something you love, for less!

Stephen Lawrence Ladies Wear wish you all a very Happy New Year!

STEPHEN LAWRENCE
LADIES WEAR
1 Magnus Court, St Martin's Street,
Chichester PO19 1AF
t: 01243 784486
www.stephenlawrenceclothing.co.uk
e: info@stephenlawrenceclothing.co.uk
Open Monday to Saturday
9am until 5.30pm

UK online sales of chino's up by 150%

LIFESTYLE clothing brand Gant has seen a 150 per cent increase in online sales of chinos in the UK in just one year, topping an impressive 12 months for the men's garment, during which popularity soared.

Nationally, chinos are by far brought most by English men (91 per cent), followed by those in Scotland (7 per cent), Wales (1 per cent) and Northern Ireland (1 per cent).

Regionally, men in Southampton and Leeds are the biggest chino fans in the UK (17 per cent), with Cambridge coming in second (16 per cent), followed by those in Reading (14 per cent). Men in Birmingham (8 per cent) and Glasgow (6 per cent) are the least likely to purchase the lightweight trousers.

Coloured chinos are now a firm favourite with red, blue and purple chinos all in the top five national Google searches every month relating to line of the trousers.

Comfortable, versatile and hard-wearing, but most importantly, fashionable, have become one of the must-have items for stylish men across the globe, almost 165 years since they were first invented.

Chinos are now a staple wardrobe piece, and are most definitely here to stay, said Moira Shearman, Head of Product & Brand Training at Gant, "The classic Gant chino in a regular fit is a bestseller and offered throughout the seasons.

The history of chinos dates back to mid 1800s India. A British Army officer stationed in Mardan on the Peshawar border, saw that his troops needed a uniform more suited for the region. He dyed his cotton pyjama trousers with a plant extract to produce a lighter-weight outfit that was not only more appropriate to the climate but blended in with the colours of the surrounding terrain. The local Hindi or Urdu word for this dusty colour was "khaki" – a term that soon became synonymous with the new uniform.

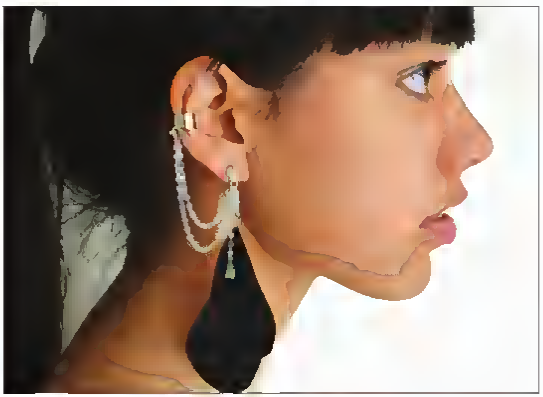
The camouflage qualities of the khaki garments made them widely popular with both British and other military forces. In 1902 khaki pants were adopted as an official US Army uniform. The Americans called them chinos.

During World War II, chinos became so popular with American soldiers that many continued to wear them on their return home. Casual yet smart, the comfortable khaki pants were perfect for both work and leisure. Through the GI Bill, which enabled returning soldiers to get an education, chinos soon found their way into the colleges and became an essential part of the increasingly popular Ivy League style. Marty and Elliot Gant, who returned safely from active duty in the war, were quick to see what was happening and took their ideas straight to the factory, and the Gant chino was born.

Now, the Gant chinos range consists of 28 different colours - the more adventurous souls can pick out only from traditional sand and khaki colours, but also a rainbow of more daring hues including red, green, aubergine and even pink.

For more information about the Gant, visit gant.co.uk.

Trends for 2013



▪ Sweat-Chic. The sweatshirt is back – and it's expensive. Lanvin is offering its JL Hooded sweatshirt for men for €1,995, while Givenchy's is a cool £225. Expect to see sweatshirts on the chicest of men and women, worn as dresses, with smart skirts and suits, and just about any way you want to show your style. Balenciaga, Kenzo and just about everyone will offer them – so pick your brand.

▪ Chic Ear-Cuffs. We're not talking goths – we are talking elegant, sophisticated ear-cuffs. Jewellery, seen on the runway recently by Reposse, Roberta and now others.

▪ Aristo-Models Oust Celebrity. Magazine covers were adorned by supermodels, then celebrities, and now aristo-models. First it was Alice Dellal, as the new face of Chanel, handbag range. Then Cara Delevingne everywhere. Oh, and Charlotte Casiraghi of Monaco in the Gucci ads. Finally, we may see celebrity fixation wane, as the world begins to replace interest in celebrity with the young establishment.

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

UPTO 45% off WINDOWS

DOORS FROM £599 Including VAT & Fitting!

Huge Savings on Conservatories & Orangeries

Aluminium & PVCu Bi-fold Doors

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk

BRITANNIA CONSERVATORIES WINDOWS • DOORS

Home & Garden

FOLLOW US ON TWITTER
@chiherald

Bird nest boxes for your garden birds

NEST BOXES are good substitutes for holes found in old trees. Nowadays, in many gardens, there may be plenty of food for small birds but nowhere for hole-nesting birds to nest.

There are many garden birds which use nest boxes, blue tits, great tits, coal tits, nuthatches, house sparrows and tree sparrows, starlings, spotted and pied flycatchers, robins, house martins, kestrels and tawny owls will all use nest boxes.

Models like the Schwegler 1B nest box appeals to tits and nuthatches. If you are keen to help wrens, try siting a Roundhouse nest box for wrens in thick undergrowth. Avianex Woodcrete Plus nest boxes are tough and weather proof and offer good thermal insulation to nesting birds. An alternative to Avianex Woodcrete are natural wood nest boxes. Wood nest boxes, such as the CedarPlus range are tough, durable and easily cleaned. Entrance hole protection plates protect against nest boxes from attack by squirrels, magpies and other predators. Nets box guardians make it much harder for predators to gain access to the nest box, whilst still letting the parent birds in.

Where you site a nest box will depend on the species of bird the box is intended for. Put up different boxes to attract several different bird species. Nest boxes for tits, sparrows or starlings should be fixed two to four meters high. House sparrows and starlings nest in loose colonies so you can site two or three nest boxes close together. Open fronted robin boxes and wren Roundhouses need to be sited below 2m and well hidden in vegetation like ivy, honeysuckle or other climbing plants. Woodpecker boxes need to be 3-5m high on a tree trunk in a quiet location where it won't be disturbed. Unless the box is shaded during the day, the nest box should be facing between North and East – avoiding strong sunlight and wettest winds. Garden birds need a clear flight path to the nest without any clutter in front of the nest box entrance. It is best to put up nest boxes in the Autumn. Many birds will use bird nest boxes during the Autumn and Winter for roosting and perhaps feeding. They often use the same boxes for nesting the following Spring.

After use, most nest boxes will harbour fleas and other parasites, which remain to infest young birds that hatch the following year. Old nests should be removed in the Autumn once birds have stopped using the boxes. Thoroughly clean the nest box to kill any remaining parasites and then let the box dry out thoroughly before replacing the lid. Un-hatched eggs in a nest box can only legally be removed between August and January. Cold weather and food shortage can lead to nest desertion. It is important not to inspect nest boxes that are in use. If you want to see chicks as they grow you can install a nest box camera. Nest box cameras are a really good way of watching adult birds raise their brood. National Nest Box week takes place in the UK each February.

Visit streetsandfeeds.co.uk to view a range of bird nest boxes.

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

SLEEPING BEAUTY ON ICE

THURS 14 MARCH 2013

MAYFLOWER THEATRE

Adult, Senior Citizen & Child £44
Includes coach travel

The Imperial Ice Stars, the world's leading performers of theatrical ice dance, are returning to the UK, with their stunning production Sleeping Beauty on Ice. Set to the magnificent music of Tchaikovsky, Sleeping Beauty on Ice tells the classic fairytale love story through sublime world class skating, breathtaking high speed lifts and throws, awe-inspiring aerial gymnastics, stilt skating and fire effects – all in the intimacy of the theatre stage.

Seats in the Stalls on a matinee performance.

Coach pick ups in Worthing, Rustington, Littlehampton, Felpham, Bognor & Chichester

01243 860880

Park Road, Bognor Regis, West Sussex, PO21 2PX

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

MADAGASCAR LIVE

SAT 26 JANUARY 2013

THE BRIGHTON CENTRE

Adult & Senior Citizen £45 & Child £34
Includes coach travel

Join ALEX, MARTY, MELMAN, GLORIA and the plotting PENGUINS as they escape from New York's Central Park Zoo and find themselves on a journey to the madcap world of KING JULIEN'S Madagascar. Everyone's favourite Madagascar characters will star in the live arena production based on the blockbuster DreamWorks film, reliving the fun and humour of the animals and their escapades, brilliantly recreated with lively storytelling, dance and music, including the hit song 'Move It, Move It' and many new numbers, audiences of all ages will adore.
Seats in Raised South Stalls on 1500hrs Matinee Performance

Coach pick ups in Worthing, Rustington, Littlehampton, Felpham, Bognor & Chichester

01243 860880

Park Road, Bognor Regis, West Sussex, PO21 2PX

FIND YOUR PERFECT PROPERTY

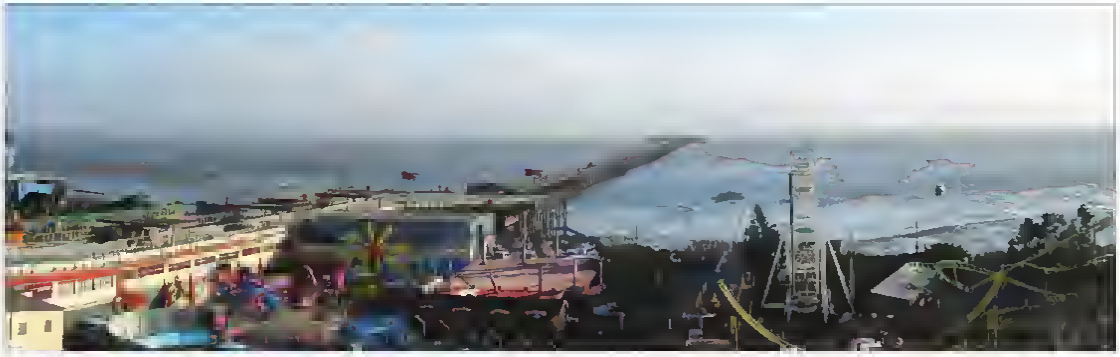
In Chichester & the surrounding areas

Property

An extensively refurbished and extended detached brick and flint cottage situated between Chichester and Arundel new gas c h wiring and plumbing reception hall triple aspect lounge and vaulted ceiling conservatory newly fitted kit/brk rm sitting rm/study, gr fl bed with en suite, three further bedrooms two bathrooms, dble and single garage gardens of approx 1/3 of an acre Potential annexe planning approval for ground floor master bedroom EPC rating is D

For more information contact Coastguards Estate Agents on 01243 267026
www.coastguardsproperty.co.uk

Southend is UK's top house price performer in 2012



SOUTHEND recorded the biggest rise in house prices among major UK towns and cities over the past year, according to new research by Halifax.

Based on Halifax's own house price data, the average selling price in Southend was 14.8% higher than in the previous year, increasing from £172,752 in 2011 to £198,415 in 2012. Prices are up 2.2% on average across the whole of Essex.

Basingstoke in Hampshire experienced the second biggest rise in house prices with a 14.7% gain. Southend and Basingstoke are both within comfortable commutable distance of London. Three other London commuter towns – Rochester, St Albans and Dartford – feature in the five major towns and cities recording the biggest price gains over the past 12 months. Six of the top towns recording the strongest price rises in 2012 are in the South East.

Majority of worst performers outside southern England. Craigavon in Northern Ireland (-18.4%) and Wishaw in Scotland (-12.5%) experienced the largest falls in average selling prices in 2012.

Nine of the ten towns that saw the biggest declines in prices are outside southern England, reflecting the generally weaker performance of the housing market outside the south.

Martin Ellis, housing expert at Halifax, commented: "Nationally, conditions in the housing market have been largely unchanged over the past 12 months with little overall movement in either house prices or sales for the second consecutive year. This picture, however, conceals considerable local differences. A number of towns and cities have recorded significant changes in house prices over the past 12 months. Several towns within easy commuting distance of the capital feature in the list of top performers, whilst the majority of towns that have fared worst in house price terms are outside southern England, where economic conditions have generally been less favourable.

"We expect continuing broad stability in house prices nationally in 2013. The generalised north / south divide in house price performance seen during 2012 is likely to continue next year. House prices are expected to be strongest in London and the South East as this part of the country performs best in economic terms."

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

MIDNIGHT TANGO
27 MARCH 2013
NEW VICTORIA THEATRE, WOKING
Adult, Senior Citizen & Child £46
Includes coach travel
Vincent and Flavia are back!

Vincent Simone and Flavia Cacace have dazzled television audiences for six series of the BBC's Strictly Come Dancing with their stunning Tango routines. Now they have created their own live show - Midnight Tango - a breathtaking evening bringing all the drama, sensuality and elegance of this most exciting of dance forms to life.

Set in a late night bar in downtown Buenos Aires and featuring some of the finest Tango dancers in the world, Midnight Tango, takes you on a journey into the heart of this intoxicating city. As danger and excitement, joy and jealousy, pain and passion all combine - this is a spectacular and explosive evening not to be missed!

Seats in Stalls on Matinee Performance.

Coach pick ups in Worthing, Rustington, Littlehampton, Felpham, Bognor & Chichester

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

Private - For Sale REDUCED: £94,995

8 DOVE COURT SHERWOOD ROAD NORTH BERSTED BOGNOR REGIS WEST SUSSEX PO22 9TP

A TWO bedroom first floor age restricted apartment situated in this favoured purpose built retirement development on the outskirts of Bognor Regis. Private entrance leading into lobby with stair lift rising to the first floor landing. Kitchen with double glazed window, generous sitting room, bedrooms with built in wardrobes and bathroom with bath and shower over. 24hr careline facility. The development offers a resident manager, communal residents lounge, well maintained communal gardens and communal laundry room. No Forward Chain.

For further information or viewing contact: paultedams60@btinternet.com or 07599 530755

coastguardsproperty

6 Coastguards Parade, Barrack Lane, Aldwick

www.coastguardsproperty.co.uk Telephone: (01243) 267026 Email: office@coastguardsproperty.co.uk

rightmove.co.uk The UK's No.1 property website | PrimeLocation.com | NAEA | Zoopla.co.uk Your advantage in property | The Property Ombudsman | OFT Approved code

ALDWICK £625,000

A spacious three bedroom detached bungalow situated on the beach front of a private marine estate. Built in the 1970's and requiring modernisation and some refurbishment, majority double glazed, gas central heating, uPVC fascias/soffits, large open plan living area, good sized kitchen/breakfast room, utility room, master bedroom with en suite shower room, two further bedrooms, bathroom, double garage. South facing garden with direct beach access. SUPERB SEA VIEWS. EPC rating is E

ALDWICK £825,000

A detached four/five bedroom residence situated on the beach front of a private marine estate, central heating by air source heat pump, uPVC dble glazed, uPVC fascias and soffits, fitted carpets, sec.alarm, ground floor shower room, ground floor bedroom/study, kitchen/breakfast room, utility room, further wc., first floor living room with full width balcony and panoramic sea views, master bedroom with dressing room and en suite shower room, guest bedroom with en suite shower room, two second floor bedrooms with bathroom, double garage, South facing garden fronting the private beach. EPC rating is E

ALDWICK £597,500

A superbly presented 'New England' style detached family house situated on a good sized plot less than half a mile from local shopping facilities and the beach. The current owners have made the property the subject of a comprehensive programme of refurbishment and modernisation over the course of the last 3 years. G.F.H., uPVC dble glazing, replacement wiring, plumbing & sanitary ware etc., a cloakrm., a triple aspect lounge, spacious kitchen/dining rm., utility rm., study/tv room, an impressive master bedrm suite with vaulted dressing rm, fit luxury en suite bathrm, 3 further bedrms, family bathrm, an integral garage & well maintained gardens to the front and rear. EPC rating is E

CRAIGWEIL PRIVATE ESTATE £465,000

A detached cottage style house situated in a cul-de-sac of the private estate just 300 yards from the private beach. G.F.H., uPVC d/glazing, triple aspect lounge, good sized dining room, fitted kitchen with separate utility room, cloakroom, four bedrooms (one with walkin wardrobe/storage area), bathroom, garage and delightful mature gardens. EPC rating is E

NYETIMBER £425,000

A detached family house with attached self contained annexe situated in a cul-de-sac. The property is built in a larger than average plot. The specification includes: c.h., double glazing, cloakrm., lounge, dining rm, study, kitchen, utility rm, master bedrm with en suite shower rm, three further bedrms, bathrm. Self contained annexe with large living room/bedrm, separate kitchenette, a bedrm and shower rm. The property benefits from a large plot with brick paved parking areas and a good sized lawned garden. EPC rating is D

ALDWICK BAY ESTATE £275,000

A three bedroom ground floor apartment situated in a quiet cul-de-sac of the Aldwick Bay private marine estate approx. 300 yards from the private beach. gas c.h., uPVC dble glazed, fitted carpets, dual aspect living room opening to a South facing courtyard garden, dining hall, kitchen, three bedrooms, bathroom, cloakroom, garage and communal gardens. EPC rating is D

ALDWICK £219,950

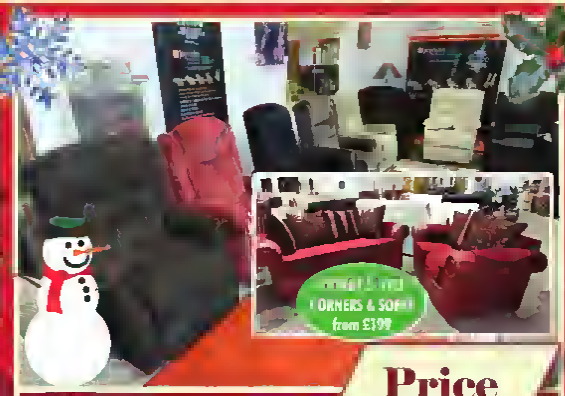
A stylishly presented two bedroom first floor apartment situated approx. 400 yards from the beach. The specification includes g.f.h., delightful dual aspect living rm, fitted kitchen, bathroom, separate w.c./cloakroom, single garage with additional parking for several vehicles, use of the landscaped communal gardens and storage area beneath the main building. Residents of The Grange have access to a private beach via gate in nearby Waters Edge. EPC rating is D

We've got *Everything* in stock so...
Everything is available *Immediately.*

HIGH STREET FURNISHING AT THE BEST PRICES IN TOWN

ROMA 3 STR SOFA
WAS £499
3 + 2 Suite only £449

MARLOWE QUILTED 3 STR SOFA
WAS £699
3+2 Suite only £499



LARGE SELECTION OF
JOYNSON HOLLAND
(Willis & Gambier) RISE & RECLINE ELECTRIC CHAIRS

Price
FROM
£599

CORFU
SUITES, MODULAR CORNER GROUPS & CHAIRS
(three colour choice)

Price
FROM
£159

FURNITURE WAREHOUSE
BOGNOR BED CENTRE
DIVAN BEDS BEDSTEADS - MATTRESSES - BEDROOM FURNITURE RANGES - SOFT FURNISHINGS - UPHOLSTERY

01243 863363
Open Tues, Thurs, Fri & Sat 10am - 6pm
Sunday - 11am - 4pm
Mon & Weds - CLOSED
Unit 15 CastleGrove Bus. PK
Durban Rd, Bognor PO22 8QT

NEW YEAR SALE

10% FURTHER REDUCTION OFF ALREADY MARKED DOWN PRICES

NEW RANGES COMING IN DURING JANUARY

5' FAUX LEATHER BED
WAS £249

SOFA BEDS

AIRSPRUNG
JUNIOR STORAGE
BED & MATTRESS

4'6" DIVAN
+ MATTRESS

WARDROBE + 4 DRAWER
CHEST WAS £699

MATTRESSES
ALL SIZES

OTTOMAN FAUX LEATHER STORAGE BEDS
HALF PRICE MATTRESS (selected mattresses) WHEN
YOU BUY THIS FAUX LEATHER BED! 4'6", 5' & 6' AVAILABLE

PRICE IS
FROM
£169
WAS £349

LOUIS PHILLIPPE KING SIZE SLEIGH BED
6 DRAW DRESSER - £249 LARGE 5 DRAW CHEST - £199
2 DRAW NIGHTSTAND - £99 MIRROR - £69

PRICE IS AN
AMAZING
£699
WAS £2300

FURNITURE WAREHOUSE

BOGNOR BED CENTRE

DIVAN BEDS - BEDSTEADS - MATTRESSES - BEDROOM FURNITURE RANGES - SOFT FURNISHINGS - UPHOLSTERY

01243 863363

Open Tues, Thurs, Fri & Sat 10am - 6pm
Sunday - 11am - 4pm
Mon & Weds - CLOSED
Unit 15 CastleGrove Bus. PK
Durban Rd, Bognor PO22 8QT

Motors

SPONSORED BY PANTHER TRUCK RENTAL
01243 778109 www.panthertruckrental.co.uk
PANTHER TRUCK RENTAL

Famous car leads the pack for Race Retro sale

A STUNNING 1969 Lola T70 MkIII B estimated at between £570,000 to £650,000, is one of the first cars to be entered for the Race Retro & Classic Car Sale on 23rd February 2013 hosted by Silverstone Auctions.

As well as being a famous car with a distinguished history and interesting background, it has been completely rebuilt for European sports car racing at the highest level and comes on the button with current FIA papers, a fresh engine, a rebuilt gearbox and a new differential.

Nick Whale, managing director, Silverstone Auctions, said: "This 1969 Lola T70 MkIII B has a fascinating past and is ready to compete at the top European circuits having recently won at both Monza and Spa. Aside from its racing prowess it could also make a fantastic investment opportunity."

Accompanying the car, which is resplendent in its race livery, is an extensive spares package.

Full details of the 1969 Lola T70 MkIII B being offered by Silverstone Auctions and details of its illustrious history can be found at silverstoneauctions.com.

Other early entries for the auction at Stoneleigh Park in Warwickshire include two Historic Grand Prix race cars from 1953 – a Cooper Bristol which was one of the first cars of the famous Donington Grand Prix collection, estimated at between £140,000 to £160,000.

However, for those looking for something with a little more space then there is also a rare and unusual 1962 Leyland Routemaster red double-decker bus, estimated at between £20,000 and £28,000.

Classic road cars will also feature strongly at the sale and Silverstone Auctions is still inviting entries from owners looking to take advantage of one of the first classic car auctions of the New Year.

Nick said: "The high calibre and breadth of vehicles already confirmed for our Race Retro & Classic Car Sale bodes well for another successful auction.

"The even better news is that we're still inviting entries. The auction presents a fantastic chance for classic car owners, or those with competition cars and more modern supercars, plus good quality automobilia, to benefit from the expertise offered by the dedicated team at Silverstone Auctions."

Last year's Race Retro Sale hosted by Silverstone Auctions achieved an incredible 74 per cent sale rate with sales of £1.8m.

Those interested in submitting an entry for sale can find more information, terms and conditions, by visiting silverstoneauctions.com.

CAR AND VAN HIRE IN CHICHESTER

PANTHER TRUCK RENTAL

BUY WITH CONFIDENCE
West Sussex Trading Standards
Buy With Confidence
Approved Trader

FANTASTIC VALUE CAR HIRE FROM CHICHESTER'S
OLDEST ESTABLISHED VEHICLE RENTAL COMPANY

£99.00 + Vat For 7 Days

BOOK ONLINE NOW AT - www.panthertruckrental.co.uk

DON'T FORGET WE ALSO SELL REMOVALS BOXES / PARCEL TAPE / BUBBLE WRAP AND MUCH MORE.. .....

12 X 9 X 9 BOXES - JUST 0.75p EACH
22 X 14 X 14 BOXES - JUST 1.99 EACH
24 X 18 X 18 BOXES - JUST 2.99 EACH

BUBBLE WRAP AT ONLY
£1.99 FOR 10 METRES

PARCEL TAPE
0.99p PER ROLL

TAPE GUN
£4.99

FAMILY RUN BUSINESS - ESTABLISHED 1987
www.panthertruckrental.co.uk e mail enquiries@panthertruckrental.co.uk
QUARRY LANE INDUSTRIAL ESTATE

CHICHESTER 01243 778109

Who can you rely on for servicing, repairs and MOTs?

We offer repairs & maintenance on all car makes

- All vehicle makes serviced and repaired
- Reliable servicing at affordable prices
- Competent and trained technicians

BOSCH
AutoCrew
A Bosch Automotive Workshop Brand

Rew Auto Services Ltd
Unit 13 East Mead Industrial Est • Lavant
Chichester • West Sussex • PO18 0DB
Tel. 01243 839 520
rewautoservices@yahoo.co.uk
www.rewautoservices co.uk

AUTO CREW

Herald Recruitment

BOXES AVAILABLE AT
£25 PER WEEK PLUS VAT

About Us

Chichester Herald provides businesses with an unrivalled, targeted and cost effective advertising solution across the City with a newspaper readership of 75,000

The newspaper is available for self-selected pick-up across the city of Chichester and surrounding areas in a wide variety of locations every Friday

We also deliver thousands of newspapers to homes across the area every week

As well as this over 1000 businesses in our area will also get at least one newspaper delivered to them whether they are in the City Centre a town or village an industrial business park or a lone café on a country road

We have 314 newspaper stands across the district which is located as far north as Midhurst, south to Selsey the Witterings and Pagham east to Arundel and west to Bosham

What better way to advertise your vacancy to thousands of people for just £25 + vat per week

Are you a therapist looking to rent a health and beauty room?

The Radiance Health and Beauty Spa is looking for unique and gifted Therapists to join their dream team

This exciting new project is due to launch in the New Year and the intention is to have an array of talented and gifted therapists all under one roof to offer many holistic therapies and beauty treatments. The new therapist will be self-employed but a room is available to hire and interviews will take place to recruit the right people to fit in with the current team.

We are a team of very dedicated and professional therapists ranging from massage nutrition EFT (emotional freedom technique) pain management, reiki homeopathy and reflexology yoga instructors and pilates. We are looking for therapists who have something unique to offer the spa such as osteopaths, physiotherapists, acupuncturists or permanent make-up artists, lash extentions non surgical treatments etc

This is a chance to work alongside others and be promoted through the Chichester Herald as part of our team to grow your business within the Spa. With regular brainstorming meetings you will feel part of a team and have opportunities to take seminars talks, work on spa days and create new and exciting opportunities for 2013

If you are interested in finding out more about this unique opportunity please contact: Denise Kelly on info@denisekelly.co.uk

OFFICE JUNIOR REQUIRED

Small Charity currently based in Birdham invites applications from school leavers for the post of Office Junior O or A levels in English and Maths and a basic knowledge of IT are essential.
For Further information and Application form Tel: Admin 01243 513464 or write to Admin at: DAUK, POBox 9, Chichester, PO20 7HL

To advertise here call **01243 200999** or email **advertising@chichesterherald.co.uk**

» ***Chichester Herald*** is a free weekly newspaper available for self-selected pick-up across the city of Chichester in a wide variety of locations with a weekly readership of up to 75,000

Additionally, every business in the city centre receives a copy every Friday

Providing a combination of both local and national news, Chichester Herald is a well designed and easy to read publication appealing to a vast range of individuals throughout the city

With Chichester Herald additionally available for collection from local supermarkets, newsagents, coffee shops and many other retail outlets, there aren't many places your advert won't be seen.

"...with a weekly readership of up to 75,000..."

Chichester HERALD

Find us on twitter @chiherald

YOUR FREE WEEKLY NEWSPAPER

Tel: 01243 200999 Email: advertising@chichesterherald.co.uk Web: www.chichesterherald.co.uk

Football

City start year with defeat

Tuesday 1 January 2013
Sussex County League Division One
Chichester City 1 ~ 4 East Preston

By CHESTER BROWTON at a soggy Oaklands Park

CHICHESTER were beaten by East Preston for the third time this season in a match contested on a bottomless pitch following the recent heavy rain

Dan Roberts was called up for only his second start and the City keeper pulled off a series of good saves against the title-chasing opposition

East Preston were very slow to start, conceding a goal to Dan Watts in the 2nd minute before they'd even had a chance to get organised, and then giving away a free kick that almost allowed Ferry Northeast to double the lead

But gradually the visitors hauled themselves through the mudbath to take control of the match.

A free-kick from Fred Foreman on 9 minutes sailed straight into the net, and a move involving James Rhodes and Rob Boddy set up Biff Shelley to score on 25 minutes and make it 1 2.

City had the ball in the net a few moments later after they'd won a corner, but the linesman ruled out the effort.

Six minutes into the second-half a powerful Rhodes shot forced Roberts to make a great stop, but from the resulting corner Dan Simmonds extended EP's lead

Niall O Hagan, who had only just come on as a substitute, then netted his team's fourth goal on 68 minutes

"I think we were still thinking about Christmas turkey for the early goal," said EP boss Dominic Paola afterwards. "We have a habit of letting in awful goals."

"To be honest, all that is stopping Chi being comfortable in this league is a lack of experience," added Di Paola. "They have some great players, but make the same sort of errors in games and lack some leaders

"If they go down and keep that team together they will come up a stronger group and would do really well in County Division Two as they try and play good football. I also think there are much worse teams that I have seen this year and if they get a few wins they will be fine."

City: Roberts; Heath, Lambert, Hibbert, Boniface; Northeast, Groom, Brookes, Ferry, Watts, F Smith. Sub: Manners

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS.	19	14	4	1	58	19	39	46
EAST PRESTON	19	13	4	2	52	20	32	43
HASSOCKS	23	13	3	7	56	34	22	42
RYE UNITED	15	12	3	3	51	28	23	39
REDHILL	19	12	2	5	39	22	17	38
EAST GRINSTEAD TOWN	22	11	4	7	63	34	29	37
LANCING	21	11	3	7	58	35	23	36
LINGFIELD	19	10	3	6	48	39	9	33
PAGHAM	17	10	2	5	41	32	9	32
RINGMER	15	10	2	6	32	29	3	32
HORSHAM YMCA	18	9	1	8	54	29	25	28
ST FRANCIS RANGERS	21	8	3	10	30	41	-11	27
ARUNDEL	21	7	5	9	30	44	-14	26
CROWBOROUGH ATHLETIC	20	8	1	11	35	54	19	25
SHOREHAM	21	7	2	12	35	51	16	23
HAILSHAM TOWN	17	7	1	9	33	40	-7	22
SIDLEY UNITED	19	6	4	9	35	48	-13	22
SELSEY	20	5	5	10	21	35	-14	20
DORKING WANDERERS	21	5	5	11	33	50	-17	20
CHICHESTER CITY	22	3	3	16	26	62	-36	12
AFC UCKFIELD	19	2	3	14	25	67	-42	9
WORTHING UNITED	18	0	3	15	21	63	42	3

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	19	13	3	3	53	30	23	42
LITTLEHAMPTON TOWN	15	12	2	1	50	11	39	38
LITTLE COMMON	17	10	3	4	53	20	33	33
EASTBOURNE UNITED AFC	15	10	3	2	53	22	31	33
HEXHILL UNITED	16	9	6	1	41	25	16	33
BROADBRIDGE HEATH	17	9	4	4	41	25	16	31
WESTFIELD	15	7	4	4	33	22	11	25
MIDHURST & EASEBOURNE	16	6	6	4	40	30	10	24
LOXWOOD	16	6	5	7	33	29	4	23
MILE OAK	17	5	6	6	32	32	0	21
SEAFORD TOWN	15	5	5	5	25	30	-5	20
SOUTHWICK	17	6	1	10	35	38	-3	19
WICK	16	5	1	10	28	44	-16	16
STORRINGTON	18	4	4	10	26	47	-21	16
RUSTINGTON	16	4	2	10	29	44	15	14
OAKWOOD	16	3	3	10	24	47	-23	12
STEYNING TOWN	15	2	5	8	31	39	-8	11
SALTDEAN UNITED	16	0	1	17	16	108	-92	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	20	8	2	0	40	13	27	26
BARNHAM	11	7	1	3	38	17	21	22
BILLINGSHURST	9	7	1	1	27	12	15	22
HAYWARDS HEATH TOWN	9	6	2	1	24	7	17	20
UCKFIELD TOWN	9	5	2	2	21	13	8	17
CLYMPING	10	4	2	4	11	17	-6	14
ROFFEY	10	3	2	5	20	21	-1	11
IFIELD	10	3	2	5	21	25	-4	11
FERRING	10	3	3	4	19	30	11	*8
ROTTINGDEAN VILLAGE	12	3	0	9	17	44	-27	9
TD SHIPLEY	10	1	1	8	9	33	-24	4
HURSTPIERPOINT	10	1	0	9	9	24	15	3

Nuffield Health
- Fully equipped gym
- Wellbeing Advisors
- Personal training zone
- Physiotherapy
- Over 50 fitness classes
- ASA swimming lessons
- Sauna, steam & spa
- Beauty Rooms
- Café & bar
More than just a gym.
Nuffield Health Chichester Fitness & Wellbeing
Chichester Gate, Chichester, PO19 8EL
Call 01243 788678
Come to our next FREE Health Event
Meet our Experts
Goal Setting
Mon 14th January 2013
Try us for FREE
For your FREE two day pass
Call 01243 788678 or go online at
www.nuffieldhealth.com/chichester